

HORIZONS

2021 Volume 2



OKLAHOMA CITY

INDIAN



CLINIC

www.okcic.com

Honoring and Respecting Native Traditions

Vision: To be the national model for
American Indian health care

Mission: To provide excellent
health care to American Indians

Core Values: Patients First, Quality,
Integrity and Professionalism

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FROM THE CEO

Two years have passed and many feel fearful, sad, isolated, frustrated and anxious due to the lingering COVID-19 pandemic. The effects of the pandemic can be even more devastating for American Indians, who suffer from mental illness at disproportionate rates. These emotions can manifest into physical reactions - increasing chronic and mental health conditions, and substance misuse. Oklahoma City Indian Clinic (OKCIC) has expanded behavioral health and other services for patients and staff to mitigate these reactions.

Since the pandemic's start, OKCIC's Behavioral Health staff has doubled to address the increased mental health needs. Additional Behavioral Health providers have increased access to treatment and have reduced counseling wait time from six months to two weeks. The psychiatry team, peer recovery support team, and medical family therapy team also expanded. We've made the Medical Family Therapy Team available at all medical appointments to help patients cope with new medical diagnoses, medication compliance and Behavioral Health intervention services.

A new service OKCIC provides is online therapy resources to continue serving patients while keeping them safe from COVID-19. These are interactive, self-paced educational sessions covering common topics and skills related to mental health, wellness, and substance misuse. Other services, including Culture Nights, transitioned to virtual to allow for continued

outreach while physical distancing. In addition to virtual services, Behavioral Health offered a 24/7 crisis line throughout 2020 and 2021, and a Behavioral Health council was created during the pandemic to help OKCIC identify and fill gaps in services and identify community needs.

OKCIC also sought out grant funds specifically to address the needs of patients affected by COVID-19. These grant dollars have allowed us to provide Chromebooks to pediatric patients in need, put out culturally sensitive and reliable messaging about COVID-19 prevention and vaccinations, and expand the Behavioral Health and Physical Therapy departments.

Remember to take care of your mental and physical health as we navigate 2022. Eat well, exercise, get plenty of sleep and make time for activities you enjoy. Reach out to a mental health care provider if you need assistance navigating these uncertain times. As always, please continue to wash your hands, wear a mask and physical distance. If you have not received your COVID-19 vaccinations, please get vaccinated as soon as possible. Vaccinations are available at OKCIC for patients and non-patients, and are safe and effective at preventing severe illness and death.

Health and blessing always,

Robyn Sunday-Allen
Chief Executive Officer

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OKLAHOMA CITY INDIAN CLINIC SERVICES

Comprehensive Medical Services • Health
Promotion Disease Prevention • Diabetes Care,
Prevention and Education • Harmon-y Pediatric
Clinic • Behavioral Health • Public Health • Pharmacy
Dental • Optometry • Laboratory • Radiology
Wellness Center • Physical Therapy

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Cover Photo: Rico Regaqlado-Walling, a member of the Choctaw Nation of
Oklahoma, receives a dose of the COVID-19 vaccine

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**OKCIC TEMPORARY COVID-19 BUSINESS HOURS
NO WALK-INS ACCEPTED**

Medical, Pediatrics, Pharmacy, Public Health, Dental,
Optometry, Behavioral Health, Administration,
Maintenance and Billing:

Monday - Friday: 8:00 a.m. - 5:00 p.m.

Wellness Center: Monday - Friday: 7:00 a.m. - 7:00 p.m.

CLOSED: Saturdays and Sundays

OKLAHOMA CITY INDIAN CLINIC DEPLOYS LIGHTSTRIKE™ GERM-ZAPPING ROBOTS

As health care facilities around the world look for effective ways to battle viruses and bacteria that can lurk on high-touch surfaces, Oklahoma City Indian Clinic (OKCIC) has taken a leap into the future with three LightStrike™ Germ-Zapping Robots that quickly destroy microscopic pathogens in hard-to-clean places.

"OKCIC takes great pride in its role serving over 21,000 American Indian people representing over 200 federally recognized tribes living in central Oklahoma," said Yvette Morrison, Pharmacy Clinic & Infection Control Manager for OKCIC. "Excellent health care is our top priority. Ensuring that people visiting our health care facilities are entering the most disinfected area possible is part of our commitment to them. We want the people coming in seeking treatment to feel comfortable, and providing them with a clean facility is an important step. The LightStrike™ robots enable us to quickly destroy microscopic germs that we can't see but may pose a risk to the next person in that room."

Microorganisms that can cause numerous different infections often dwell on high-touch surfaces in health care facilities. The LightStrike™ ultraviolet (UV) room disinfection robot is proven to deactivate the virus that causes COVID-19 on surfaces in two minutes.

LightStrike™ robots use pulsed xenon to create intense bursts of broad spectrum UV light that quickly destroy bacteria and viruses on surfaces. The UV disinfection robot works quickly and does not require warm-up or cool-down time, so OKCIC is able to disinfect dozens of rooms per day (per robot). Forty-five



peer-reviewed studies have been published validating the efficacy of the LightStrike™ robot disinfection technology.

Operated by staff throughout the facility, the robots are being used to disinfect a wide variety of rooms at OKCIC, including patient exam rooms, restrooms, Dental, Pharmacy, Radiology, Physical Therapy, conference rooms, counseling rooms, COVID-19 testing areas, the Wellness Center and much more.

Additionally, OKCIC staff members competed in an exciting robot naming contest in the fall of 2021 for the three robots formally known as Laura, Kenny and Duke. The winning names were submitted by Heather Herron, OKCIC's Medical Family Therapist, and are now known across OKCIC's campus as Katniss Everclean, Obi-Wan Cleanobi and Cle-anu Reeves.



STOP

**PREVENT THE SPREAD OF
*CORONAVIRUS***

DO NOT ENTER

**Oklahoma City Indian Clinic's buildings
if you have tested positive for COVID-19,
recently been exposed to COVID-19 or
have symptoms of COVID-19.**

**CURRENT
SYMPTOMS
INCLUDE**

*Mild to severe respiratory illness with
fever, cough and difficulty breathing*

***SYMPTOMS MAY APPEAR 2-14 DAYS
AFTER EXPOSURE***

OKLAHOMA CITY INDIAN CLINIC IS HONORED WITH HEALTH SERVICE AWARDS

Oklahoma City Indian Clinic (OKCIC) received several awards from Oklahoma City Area Indian Health Service (OCAIHS) Office.

Several OKCIC employees were honored with a total of seven awards at the Eighteenth Annual Oklahoma City Area Indian Health Service, Tribal and Urban (OCAIHS I/T/U) Awards Virtual Ceremony held on YouTube. The OCAIHS I/T/U awards recognize the individual and team efforts that contribute to the improvement of Indian Health Service, Tribal and Urban Health

programs. These individuals and teams go beyond regular duty requirements. Their contributions are a significant benefit to IHS programs and

have improved the health and well-being of American Indians.

Due to the COVID-19 pandemic, the 2020 awards ceremony was postponed to 2021. There were numerous members of OKCIC's staff that were honored in the 2020-21 virtual ceremony.

Kelsey Tangey, OKCIC's Pediatric Dietitian, received the Exceptional Individual Performance Award Health Promotion and Wellness; Staci Deland, RN Care Manager, received the Peer Recognition Award; Dainell Wilson, Pharmacy Billing Technician, received the Merit Award Urban; Kyle Gray, PA-C, received the Individual Excellence in Customer Service Award Urban; Robin Parker, Director of Policy Development, received the Individual Lifetime Achievement Award; and OKCIC's Pharmacy Department received the Group Excellence in Customer Service Award.

Lastly, all of OKCIC's staff received a special recognition for its response to the COVID-19 pandemic and was presented the COVID-19 Pandemic Response Award.



OKLAHOMA CITY INDIAN CLINIC

ANSWERS PATIENT GROWTH BY HIRING ADDITIONAL HEALTH CARE PROVIDERS



Oklahoma City Indian Clinic (OKCIC) recently hired more highly qualified health care providers to meet the increasing needs of patients.

Recently, OKCIC hired a Family Medicine Physician with Obstetrical training and a Board-Certified Child and Adolescent Psychiatrist.



Brooke Frantz, MD, is a Family Medicine Physician with Obstetrical training. Frantz was raised in Jones, Oklahoma, and went to college at the University of Oklahoma where she received a Bachelor of Science degree in Zoology.

She then attended medical school at the University of Oklahoma College of Medicine where she received a Doctor of Medicine degree. Frantz continued her medical training at Great Plains Family Medicine Residency in Oklahoma City. She is passionate about women's health and enjoys helping bring babies into the world. In her free time, she spends time outdoors with family and friends.

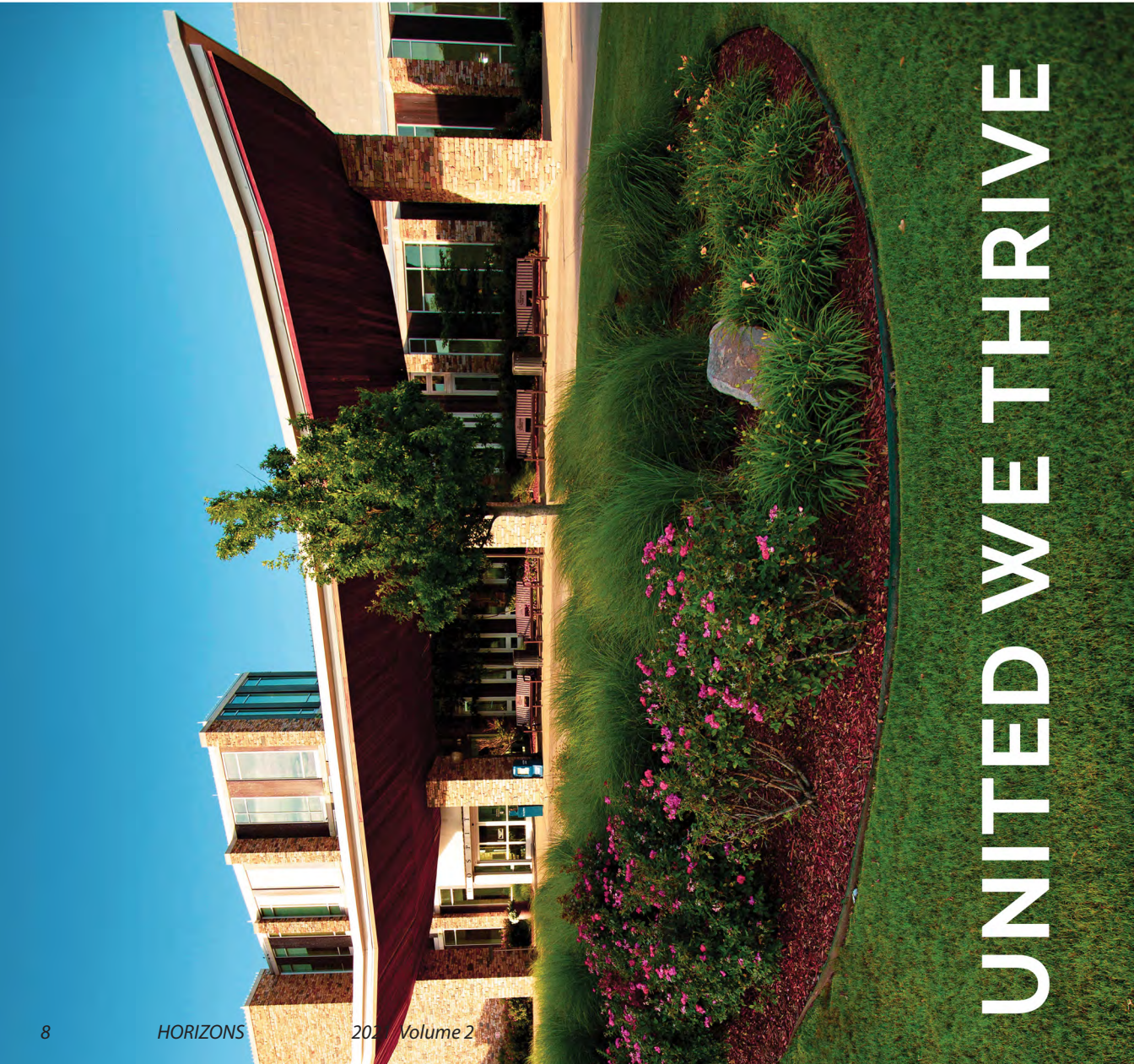
Drew Dawson, MD, MBA, is a Board-Certified Child and Adolescent Psychiatrist. He provides psychiatric and behavioral health services for pediatric patients. Dawson

completed a child and adolescent psychiatry fellowship and general psychiatry residency at the University of Oklahoma School of Community Medicine in Tulsa, Oklahoma. Prior to that, he finished his internship at the Medical University of South Carolina. He received his doctorate of medicine from the University of Oklahoma Health Sciences Center and both his master's in business administration and bachelors in chemical engineering from Oklahoma State University. His goals are to provide early intervention family-focused psychiatric care in the biopsychosocial framework for pediatric patients.



"We're excited to have additional health care providers at Oklahoma City Indian Clinic," said Robyn Sunday-Allen, OKCIC's Chief Executive Officer. "Having more staff allows us to provide care for more patients, and keep up with the growing needs of our current patients."

OKCIC serves over 21,000 patients from over 220 different tribes. Services offered include medical, dental, pediatrics, prenatal, pharmacy, optometry, physical fitness, nutrition, family programs, behavioral health services, diabetes education and more.



The Chickasaw Nation Department of Health is an advocate in the health care needs of First Americans. The CNDH is here to help navigate any number of health programs, determining eligibility and helping find the very best health care providers and services to fit the individual. We are here for you.

HOSPITAL

- Chickasaw Nation Medical Center
- Dental
- Diabetes Care Center
- Optometry
- Pediatric Drive-Thru Tent

(800) 851-9136
(580) 421-4596
(800) 851-9136
(580) 421-4508
(580) 421-4550

HEALTH CLINICS

- Ardmore Health Clinic
- Purcell Health Clinic
- Tishomingo Health Clinic

(877) 242-4347
(877) 584-3289
(877) 240-2720

BEHAVIORAL HEALTH

- Ada Behavioral Health Clinic
- Tishomingo Behavioral Health Clinic

(800) 851-9136
(580) 387-2719

OUTPATIENT SERVICES

- Ada Outpatient Services
- Ardmore Outpatient Services
- Oklahoma City Outpatient Services
- Pauls Valley Outpatient Services
- Purcell Outpatient Services

(580) 436-1222
(580) 222-2884
(405) 767-8940

PHARMACY

- CNMC Ada
- CN Refill Center Ada
- Ardmore
- Purcell
- Tishomingo

(580) 421-4569
(855) 478-8725
(580) 222-2833
(405) 527-4911
(580) 387-2725

VIRTUAL MEDICAL VISITS

Please call (866) 610-7776 or visit our website to determine if your symptoms qualify for a virtual visit.

<https://chickasaw.net/Services/Health-Wellness/Virtual-Medical-Visit.aspx>



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Nation**

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CHICKASAW.NET   

OKLAHOMA CITY INDIAN CLINIC ADDS NEW EXECUTIVE LEADERSHIP MEMBER

Oklahoma City Indian Clinic (OKCIC) was excited to recently add a new position to executive leadership, Chief Information Officer. OKCIC's own Max Burchett, Jr. was the ideal candidate to take on this new role.

Max Burchett, Jr., PharmD, MHA, earned his Masters in Healthcare Administration from Oklahoma State University and his Doctor of Pharmacy from Southwestern Oklahoma State University. Dr. Burchett had an extensive history in the public and private sector in information technology, telecommunications, health care and pharmacy when he came to OKCIC from the Oklahoma City Area Indian Health Service Office in 2015. He began his career at OKCIC as the Clinical Informatics Pharmacist and later added roles as the Clinical Application Coordinator and the Assistant

Director of Pharmacy, serving in those three roles until he was promoted to Chief Information Officer in 2021.

Dr. Burchett is an examiner for the Quality Texas Foundation and is a member of multiple national organizations for pharmacy, quality and informatics.

He also serves on several committees that are part of the Indian Health Service National Council of Informatics.



It's easy to join our mailing list!

Just send your email address by text message:

Text

OKCIC

to **22828** to get started.



Message and data rates may apply.

In Loving

Samantha Penn loved working for Oklahoma City Indian Clinic (OKCIC) and gave so much to our community. She was a Benefits Coordinator and is dearly missed by the community at OKCIC. Staff at OKCIC give their condolences to Samantha's loved ones and wanted to share a few thoughts about her below.



"I didn't know Samantha very well, however I had the opportunity to sit next to her at a clinic staff retreat and visit with her on occasion. She was a very positive and extremely nice person. She told me how much she loved her job and how grateful she was for OKCIC. She didn't let her health issues stop her from living and loving life. At the staff retreat Samantha spoke about her life and her health issues but more than that she was so happy to be working at the clinic. One day I was in my office and she came by and knocked on my door. She brought her mother to the clinic to meet her friends and co-workers. She wanted to share her love for her job with her mother. I was very honored that she chose me to meet her mother. We lost a truly lovely person and a sister in our clinic family." ~David T.

"Samantha would swing by the Human Resources department from time to time, just to say 'Hi' and check in to see how things were with everyone. She would always bring her bright smile and kind presence. Samantha loved her work at OKCIC and was so joyful and grateful to come to work everyday to help our patients. She had only been working here for three months when she asked to speak in front of the staff at our annual all staff meeting. She wanted to share how she felt about OKCIC as an organization, how lucky we all were to work for an organization that cares about its people and share her joy in being a new employee. It was completely unprompted and showed her true nature. She had a special relationship with our team and is greatly missed." ~Human Resources Dept.

Memory . . .

Sadly, OKCIC recently had to say goodbye to Will Wofford, OKCIC's Laboratory Director for 21 years. He was a member of the The United Keetoowah Band of Cherokee Indians in Oklahoma and gave so much to the community at OKCIC, patients and staff alike. All of the staff at OKCIC give their condolences to Will's loved ones and wanted to share a few thoughts about him below.



"I've known Will for many years and he always had a fantastic work ethic. When Will started, the clinic was growing rapidly. More patients meant more lab work, which Will tackled without hesitancy and grew the department to what it is today. Those of us who worked with him know we lost more than an excellent leader, we lost a friend and brother. He was a quiet person with a great sense of humor and compassion. He would do anything he could to help a patient and friend." ~David T.

"Will was such a smart, quiet, selfless, funny and respectful soul. I am grateful for all the years I had the privilege to work for and with him. As well as everything he has taught me. We all have so many memories that we can remember him by and I am so thankful for them. Working in the laboratory was always enjoyable, whether it was him making us laugh with his jokes or us joking around with him. Gone, but never forgotten." ~Janess

"Will's presence will always be felt at OKCIC. Rest now my friend." ~Kathleen G.

"Will had a true servant's heart, and he displayed his faith in both words and deeds. Will was quick to listen and only used choice words to respond; however, when he spoke, everyone would stop and pay attention. He always had a calm demeanor and never spoke ill of anyone. Will had a quick wit and often came up with fun nicknames for people close to him. He truly cared for the well-being of all Native people and I would often hear him practicing his Cherokee language with Cherokee elders that worked at OKCIC. His quiet presence and gentle nature will be missed." ~Roy

"Will was a great friend. We played several rounds of golf together and I have a lot of personal experiences with him. He had an off the wall sense of humor that was unique. I will miss him tremendously. God bless all of his family and friends." ~David B.

"To my dear friend, it was a pleasure knowing you and you will be missed dearly. A beautiful personality, someone I could always tease with. Fly high my friend." ~Victoria

Our hearts are sad from Will's passing, but much richer for knowing him. There is no word for "goodbye" in Cherokee. Instead, we say "donadagohvi" which means, "until we meet again."

~Donadagohvi and WADO

Are you ready?

Get moving TODAY!

The annual Walk for Wellness and 5K Fun Run is finally returning in 2022 after a two year absence, due to the COVID-19 pandemic. Oklahoma City Indian Clinic is excited to bring back this popular event in-person on Saturday, May 21, 2022, at a great NEW location. This event is open to patients and non-patients, so be sure to bring your friends and family along for this fun-filled event.

All information for this event can be found in the flier on page 13 of this issue. For further information, please contact (405) 948-4900 ext. 618.



Is your child **Vaping?**

NICOTINE ADDICTION

The New Look

What do **E-Cigarettes** look like?



Nicotine **negatively** affects brain development in **teens** and **young adults**.

#KnowTheRisks #StopVaping

“Run to the Beat of the Drum”

2022 Walk for Wellness and 5K Fun Run

Saturday, May 21, 2022

**Route 66 Park: 9901 NW 23rd St.
Oklahoma City, OK 73099**

Health Fair: Free, 8:00 a.m.

5K Fun Run: \$30, 8:45 a.m.

One mile walk: Free, 9:30 a.m.



Run to the Beat of the Drum is an energetic run through Route 66 Park at Lake Overholser. Those who participate in the 5K Fun Run will receive a T-shirt and medal.

If running isn't your speed, join us for a walk around the park instead.

Patients and non-patients are welcome.

Register by May 6, 2022, and receive a FREE T-shirt

For more information, please contact (405) 948-4900 ext. 618 or visit okcic.ejoinme.org/2022WalkforWellness

DISCLAIMER: This in-person event may transition to a virtual event dependent on COVID-19 positivity rates.



Sovereign Community School holds health fair for the next generation of Indigenous leaders



At the end of the 2020-21 school year, the Sovereign Community School (SCS) held a health fair showcasing all the Native community had to offer to the students and their families around the Oklahoma City metro. Oklahoma City Indian Clinic (OKCIC) was one of the many representatives during the health fair.

OKCIC sent representatives from five different departments, including Dental, Pharmacy, Behavioral Health, Registration, and Health Promotion and Disease Prevention. Each department offered services and information for each student and family member that came through the health fair. This included, but is not limited to: dental screenings, behavioral health screenings, new patient sign-ups, COVID-19 vaccines for youth and adults, and much more.

Other activities included a special awards ceremony from SCS for outstanding students throughout the school year, face painting

station, a snow cone truck, various outdoor activities and more.

SCS's vision is to activate the next generation of Indigenous leaders by engaging youth with a rigorous, culturally relevant curriculum that challenges them to understand and affirm their roles as citizens in our many Native nations.

For more information on enrollment and updates, please visit www.sovereignschools.org.



@SovereignCommunitySchool





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LEARNING ABOUT BREAST HEALTH IN A NEW WAY



Oklahoma City Indian Clinic (OKCIC) promoted breast cancer awareness with activities and mammogram incentives during October.

Breast Cancer Awareness Month is observed every October to bring awareness to the prevalence of breast cancer and ways to reduce risk. Indigenous Pink Day was also observed on October 21, 2021, to highlight the impact of breast cancer on Native women. According to the American Indian Cancer Foundation (AICF), breast cancer is the second leading cause of cancer death for Native women.

The risk for breast cancer increases as you age. Annual mammograms starting at age 40 are the best way to catch breast cancer early, which is when it's the easiest to treat. According to AICF, additional ways to lower the risk of breast cancer include exercising three days per week, limiting alcohol use and breastfeeding.

OKCIC promoted breast cancer awareness and Indigenous Pink Day by having staff decorate department doors and bras to show support in a new and fun way. Patients who scheduled a mammogram during October were given a goodie bag or gas card.

Annual breast cancer screenings can save lives. Schedule yours TODAY at (405) 948-4900.

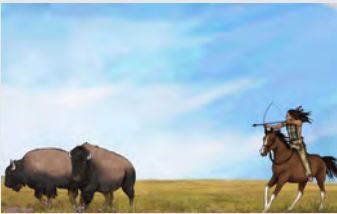


Thank you and congratulations!

Oklahoma City Indian Clinic held an art contest in November for Native American Heritage Month on all social media platforms. Six art pieces were submitted by patients and staff over the course of November 2021. The top three winners were: Peace Today, Come and Get Your Love, and Buffalo Hunt. Two of the art pieces, Peace Today and Hashtola' okchamali will be featured in 2022's annual Red Feather Gala auction.



Peace Today by Gina Poisson



The Buffalo Hunt by Madelynn Byrd



Hashtola' okchamali by Michaela Parrot



Come and Get Your Love by Hanna Wensman-Pratt



Dreams of Horses by Bayleigh Ring



Sunset Run by Lexi Mason

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2016 Cherokee National
Holiday, Tahlequah



2016 Riverside Indian School,
Anadarko



2016 Red Earth Parade,
Oklahoma City

We embrace our
state's diverse
communities and
support health and
wellness for all
Oklahomans.



BlueCross BlueShield of Oklahoma

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journey to recovery

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thinksmartok.org



Developed by Washington State Health Care Authority



COMMITTED TO KEEPING YOU HEALTHY YEAR-ROUND



It's been two full years since the COVID-19 pandemic began. Within the past two years, cases have continued to spread throughout the Oklahoma City community.

OKCIC has gone through many changes to continue providing services to patients safely, including offering virtual services, building our COVID-19 testing clinic, implementing door screeners, and putting out consistent and reliable communication to keep our patients informed about the pandemic.

A variety of resources are now available for patients, including virtual appointments and outreach through YouTube. Cultural nights,



health care information and exercise tutorials are regularly posted to continue providing resources for patients while social distancing. Behavioral

Health added new services due to mental health disparities caused by the pandemic. They created interactive online therapy courses to provide immediate help to those on the waitlist for counseling.

In an abundance of caution, our Wellness Center is ONLY open to patients for one-on-one visits with personal trainers by appointment only. You can make an appointment by calling (405) 948-4900 ext. 618. Virtual exercise classes are still offered. Patients can choose from circuit training, core power, moccasin movers, tai chi, yoga and zumba. Although some programming has transitioned to virtual, many HPDP programs are now offered in-person this spring season. After-school soccer, cheer/tumbling, E-GYM, Basketball and #DanceTrends are all programs that will be in-person this spring. If you prefer virtual programming, other options are still available for adults and children. Patients can sign up for all classes and programs at okcic.com/hpdp.

As COVID-19 cases continue to rise, our front-line staff perseveres for patients. We offer drive-through COVID-19 testing to patients at our COVID-19 Clinic in the parking lot of 309 S.



Ann Arbor Ave, and our door screeners keep staff and patients safe by reducing our risk of exposure to the virus. OKCIC is also giving free COVID-19 vaccines to patients and community members. Our pharmacy administers Pfizer and Moderna initial doses and boosters. COVID-19 vaccines work well to prevent serious illness, but protection against mild disease can reduce over time. Getting a booster will increase your protection against infection. Although more of our community is getting vaccinated, it's important to continue wearing masks, washing hands and physical distancing. Taking precautions, along with getting vaccinated, is the best way to protect yourself and your loved ones from becoming seriously ill.

As the pandemic continues, recommended guidelines and policies may change, but our commitment does not. We will continue to provide excellent health care to American Indians. OKCIC is working hard to ensure you have the most up-to-date information at all times. Follow @OKCIndianClinic on Facebook, Twitter and Instagram for updates. Thank you for choosing OKCIC as your medical home.



THE PERKS OF BREASTFEEDING

Breastfeeding is one of the best ways a mother and baby can bond and has numerous other health benefits for both. According to the U.S. Department of Health and Human Services (HHS), breastfed babies are less likely to have asthma, leukemia, obesity, ear infections, SIDS, diarrhea and vomiting.

Breast milk is full of cells, hormones and antibodies your baby needs to stay healthy. As your baby grows, the milk adapts to fit their changing needs.

Breastfeeding has health benefits for the mother, too. According to HHS, breastfeeding leads to a lower risk of type 2 diabetes, certain types of breast cancer and ovarian cancer.

Mothers often find breastfeeding to be more cost-effective compared to formula. Formula and feeding supplies can be expensive, but breastfeeding is free.

Breastfeeding also creates a unique bond between mother and baby. The skin-to-skin

contact boosts oxytocin, which helps the baby feel secure and comforted. Oxytocin also helps the mother feel calm and keeps the supply of breast milk flowing.

Some mothers struggle at first to get the baby to latch. This is common, and usually isn't a sign of health issues. Signs of a good latch include no hurting or pinching, the baby's chest is against your body, the baby's mouth is filled with breast and you see little or no areola.

If breastfeeding hurts or you feel the baby has a weak suck, you can break the baby's suction by placing a clean finger in the corner of their mouth and try again to get a deeper latch. If your baby is frustrated, take a short break and try to calm them down.

It's okay to have questions about breastfeeding. Talk to your health care provider about seeing a lactation counselor. Oklahoma City Indian Clinic offers Certified Lactation Counselors for breastfeeding assistance. More information can be found on page 21 about how to reach a counselor.

Certified Lactation Counselors

**Oklahoma City Indian Clinic
offers six Certified Lactation Counselors.**



**If you need breastfeeding assistance, please call
(405) 948-4900 ext. 421.**

Oral health is essential to general health and well-being **across the lifespan.**



During pregnancy, women may be more prone to gum disease and cavities.



A mother's oral health status is a strong predictor of her child's oral health status.



If mothers have high levels of untreated cavities or tooth loss, their children are 3X more likely to have cavities.

www.cdc.gov/oralhealth

PRACTICE ORAL HEALTH CARE DURING PREGNANCY

By: *Brianne Carter, RDH*

As an expecting mom, there's a lot to think about. One area of health that moms-to-be often overlook is their dental care, but it couldn't be of more importance. According to the Center for Disease Control and Prevention, gum disease has been associated with poor pregnancy outcomes, including preterm birth and low birth weight babies. For this reason, Oklahoma City Indian Clinic (OKCIC) Dental Hygienists are on a mission to help.

OKCIC strives to be the national model of American Indian health care, and is one of the few organizations in the nation that has a full-time Integrated Registered Dental Hygienist (I-RDH) on staff. Between the I-RDH and OKCIC's two other clinical Dental Hygienists, you will likely encounter one of them at your next prenatal appointment. During prenatal visits, OKCIC's dental hygienists have the opportunity to perform an oral screening, apply topical fluoride varnish, discuss any concerns and provide timely oral hygiene education.

Dental care is important at all stages of life, but getting routine dental care during pregnancy is critical. In fact, a mom's oral health status is one of the key predictors of her child's oral health. Routine dental check-ups and preventative care are one of the best things a mom-to-be can do for herself, and her developing child.

Pregnant women often experience symptoms that can affect their oral health, such as morning sickness, nausea and/or cravings and gingivitis. If you experience any of these, don't worry, we've got you covered with some tips to help keep you smiling throughout your pregnancy.



Pregnancy Gingivitis

One of the most common clinical findings in pregnant women is pregnancy gingivitis. This mild form of gum disease affects nearly half of all pregnant women. The quick change in hormones during pregnancy can cause a mom's gums to become red, swollen, tender, and bleed easily. One of the first signs of pregnancy gingivitis is bleeding gums while brushing. With excellent brushing and flossing habits, pregnancy gingivitis will typically resolve after giving birth once hormone levels return to normal. If left untreated, it can lead to periodontal (gum) disease, a serious infection that can lead to permanent bone loss, and ultimately tooth loss. Even worse, periodontal disease can lead to bacteremia (bacteria in the bloodstream). This is a serious condition that requires immediate treatment, as it could lead to preterm labor. Here's what you can do to keep your smile healthy:

- Brush twice a day with a fluoridated toothpaste
- Floss daily
- Use an alcohol free anti-cavity mouthwash
- See your dentist and get your teeth cleaned every six months

Morning Sickness

When morning sickness/vomiting occurs, your teeth are exposed to highly acidic stomach acids, which can eat away at the outer covering of your tooth (enamel). The tips below can help prevent these stomach acids from eating away at your teeth

- Rinse immediately after getting sick, and wait 30 minutes before brushing. Using your toothbrush right after can harm the teeth.
- To help neutralize the acid, swish with a water/baking soda mixture (mixture of 1

teaspoon baking soda in 1 cup of water). Neutralizing the acid is important, as acid is damaging to teeth and can lead to an increased risk of getting cavities.

- Chew a piece of sugar-free gum. This will help increase salivation and also help get rid of the yucky taste in your mouth.

Sensitive Gag Reflex

This is fairly typical during pregnancy. But don't let this stop you from having good oral hygiene habits! Here's a few tips:

- Try changing the flavor of your toothpaste to something with a mild flavor
- Try using a toothbrush with a smaller brush head, such as a children's toothbrush
- Try brushing a little later in the morning, as that's typically when expecting mom's experience the most difficulty.

Cravings

Dietary changes like eating more carbohydrates (often caused by cravings) can lead to an increased risk of cavities. If you find yourself craving sugary foods or drinks, OKCIC can help.



Dental care is **safe and important** during pregnancy

Seek routine and emergency dental care at any stage of pregnancy

www.cdc.gov/oralhealth

- Stay on top of your oral hygiene (brushing, flossing, mouthwash).
- Ensure you're visiting your dentist at least twice a year.
- Talk to your doctor. If unhealthy cravings persist, OKCIC has licensed dietitians on staff that can help.

What is in Your Medicine?

By: Casey McCullough, PharmD

Acetaminophen, also known as the brand name Tylenol®, has been around for ages to relieve pain and reduce fevers. Almost every household has a bottle of acetaminophen in their medicine cabinet. However, many people may be surprised to learn that acetaminophen may be in several other over-the-counter

products – and that taking too much of this medication can be harmful.

A general rule-of-thumb for acetaminophen is that a typical healthy adult should not exceed up to four grams (4000 milligrams) in a 24 hour period. This number may be lower for children,

people with liver problems, or people with other health conditions. Exceeding these limits can cause severe liver damage that could lead to death.

Unfortunately, many over-the-counter medications may contain a mixture of active ingredients that include acetaminophen. Formulations for cough, cold, flu, runny nose and even allergies may add acetaminophen to help with headache, sinus pain, or even to lower fever. To give you an idea, Alka-Seltzer Plus Cold & Flu®, Vick's DayQuil® & NyQuil®, and Mucinex Sinus-Max® are just a few examples of over 500 medications available that include acetaminophen as an active ingredient.

Prescription medicine may contain acetaminophen too – such as Norco®, Percocet® and Fioricet®. It is important to let



your doctor know which medications you take regularly to help them make informed decisions when writing prescriptions that may contain acetaminophen.

To prevent yourself or your family from taking too much acetaminophen, it is important to look at the ingredient list on the back of the box or bottle of medication. Here you will find exactly which active ingredients are in your medicine – including each ingredient's purpose and amount per dose. Always follow dosing instructions by the manufacturer or by your doctor to prevent an overdose of medication. Limit yourself to one acetaminophen-containing medicine when possible to avoid "doubling up" on the drug.

If you have any questions about over-the-counter drugs, never hesitate to call your pharmacist at Oklahoma City Indian Clinic to point you in the right direction. You can reach a pharmacist by calling (405) 595-3100.



PHR

Personal Health Record



<https://phr.ihs.gov>

What can you do with PHR?

- View your lab results
- Learn about your medications.
- Keep track of your health issues.
- View a list of your medications.
- Save a copy of your health information.
- Send an e-mail message to your health care team.
- Make sure the information in your medical record is correct.
- View a record of your immunizations.
- Share your health information with a caregiver or family member.

Refill Your Prescriptions **ONLINE**

OKLAHOMA CITY
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www.okcic.com

For more information,
visit the following
QR Code:



Have Your Prescriptions Mailed To Your Home

Ways To Sign Up:

Call the pharmacy at (405) 595-3100

Tell a pharmacy staff in person

Complete a form when you finish your visit at the clinic

Exclusions For Mail Order

Refills Include:

No PO Boxes

No out-of-state addresses

No controlled medications

PEER SUPPORT CHANGES LIVES

By: Cassidy Zimmerman, CMII

There are more services in Oklahoma City Indian Clinic's (OKCIC) Behavioral Health department than ever before. One of the Behavioral Health services is Peer Recovery Support. A Peer Recovery Support Specialist (PRSS) helps improve the quality of life for individuals struggling with mental health or substance use. A PRSS helps teach coping skills and set recovery goals.

What does a PRSS do?

A PRSS is an individual who has lived experience with recovery and helps patients by setting recovery goals, planning ways to work towards those goals, teaching coping skills, demonstrating self help techniques, creating wellness plans, linking to resources and validating a patient's experiences. A PRSS will engage with patients in a personable way through sharing their own recovery story.

What are the values of a PRSS?

The core values of a PRSS are recovery, authenticity, community, hope and health. They also have a genuine passion for providing support to another in their own recovery journey.



How are PRSS qualified?

The PRSS role has lived experience in recovery, and is certified by the Oklahoma State Department of Mental Health and Substance Abuse Services. PRSS's continuously learn new skills to provide up-to-date care.

What a PRSS is not:

A PRSS is not a therapist or a physician and does NOT diagnose or prescribe medications.

Who are OKCIC's PRSS's?

OKCIC employs two PRSS's and they work as a team with the Behavioral Health department. They are certified as Peer Recovery Support Specialists and Case Managers. In addition they have been trained in CAMS, which is an evidence based, suicide-focused treatment framework backed by 30 years of clinical research and five randomized controlled trials.



- **Misty Bryant** is a PRSS and enjoys helping others. Helping people at possibly the hardest times in their life and assisting them to start believing in themselves to start making progress is the highlight of Bryant's work. She feels privileged to be a part of their journey. Before working at OKCIC, she worked at HOPE community services with the Recovery Center. Bryant is also currently studying to become a certified drug and alcohol counselor.



- **Jimmie Peterson**, PRSS, is in recovery from a mental illness. He has been interested in the mental health field since the onset of his illness and is passionate about helping others succeed in their recovery. Some of his proudest achievements include working for Griffin Memorial Hospital as a patient care assistant, a triage specialist assistant and as one of OKCIC's Peer Recovery Support Specialists. Peterson is also currently studying to become a counselor.



Who can work with a PRSS?

Any patient at OKCIC can work with a PRSS, regardless of if they are in other behavioral health services or not. The aim of the PRSS is to help anyone in recovery from mental health or substance use.

What should you expect when working with a PRSS?

Patients can expect to have an in-person or virtual appointment with their assigned PRSS. When making an appointment, patients can request a male or female PRSS provider. Appointments with a PRSS can last 30-60 minutes and be as frequent as

weekly or bi-weekly. A patient can expect to not only learn new skills, but share their own knowledge. That is what is so special about peer recovery support services, it's a partnership built on support to strengthen the recovery journey. A patient can discontinue PRSS services at any time without worry of losing Behavioral Health services.

To learn more about peer recovery support services, please contact OKCIC's Behavioral Health department at (405) 948-4900 ext. 610, 153 or 684.

IS IT TIME FOR YOUR ANNUAL CHECK-UP?

Men are at a greater risk for death in every age group, and the most common causes are heart disease and malignant tumors, according to the National Center for Health Statistics.

The key to preventing illnesses like heart disease or tumors is to catch it early. Coming in for your annual checkup and screenings every year is one of the best prevention methods.

According to the Centers for Disease Control and Prevention (CDC), women are 100% more likely than men to visit their provider for annual screenings and preventative services. The CDC also recommends adults aged 50-69 to talk with their doctors about prostate screenings during their annual checkups. Men over 70 should be screened every year.

Some men may feel intimidated by a prostate screening, but they can rest assured that the CDC stopped recommending the digital rectal examination in 2018. Current prostate screenings involve a blood test to examine levels of prostate specific antigen.

Prostate cancer is the second most common cancer, even though it only affects men. According to the CDC, risk factors include increased age, family history and African ancestry. Symptoms include difficulty starting urination, frequent or painful urination, difficulty emptying the bladder, and blood in the urine or semen.

It's important to talk to your provider about a prostate screening if any symptoms of prostate cancer are present. Monitor your own health to save your life because nobody knows your body better than you. Keep an eye out for unusual symptoms, and always talk to your provider if something changes. **To make an appointment at Oklahoma City Indian Clinic, please call (405) 948-4900.**



"I believe in getting screened yearly, so I can be here for my family."

Colorectal Cancer is the 2nd leading cause of cancer death in American Indians, but it doesn't have to be.

If you are 50+ Get Screened
Ask For Your FREE FIT Test TODAY
405.948.4900

OKLAHOMA CITY
INDIAN CLINIC
www.okcic.com



Recovery is possible

According to the National Institute on Drug Abuse (NIH), 8-12% of people using an opioid for chronic pain develop opioid use disorder. The risk for developing opioid use disorder depends on multiple factors.

Anyone can become addicted to opioids, even if they are prescribed. Taking a prescribed opioid for a longer period of time increases the risk of becoming addicted.

Although opioid misuse can start with being prescribed a medication, it can also start with people using medication that wasn't prescribed to them. Locking up medications and properly discarding old medications can help keep them from being misused. Oklahoma City Indian Clinic (OKCIC) has a medication disposal bin that looks like a big green box in the lobby at 4913 W. Reno. There are other safe disposal locations throughout Oklahoma if you are unable to make it to OKCIC's campus. Find the one closest to you at the following QR code.



Everyone's journey is different. Opioid use disorder can be treated with a combination of medications, counseling and behavioral therapies referred to as Medication for Opioid Use Disorder (MOUD) or Medication Assisted Treatment (MAT). Treatment options are available throughout Oklahoma, including OKCIC.

It's important to remember that recovery is possible.

According to NIH, opioids were involved in 70% of overdoses in Oklahoma in 2018. Naloxone is a life saving medication for opioid overdose.

If you would like to request naloxone or for more information:

- **Text the word "SHOTS" to (918) 973-2671 to receive naloxone or other supplies by mail**
- **Text the word "NALOXONE" to *55155 to receive information concerning Naloxone/Narcan availability.**



Could **PCIT** be right for your child?

By: Angela Sanders, LPC

Does your child have a difficult time maintaining concentration and focus? Have frequent meltdowns or temper tantrums? Refuse to go to bed? Fight or argue with other children? Then Parent-Child Interaction Therapy (PCIT) might be right for you. PCIT has been effective in the treatment of behavior problems in young children for over 40 years.

PCIT is divided into two parts. The first is the Child Directed Interaction (CDI) where caregivers are coached by a trained therapist to use what are known as PRIDE skills. This phase strengthens the bond between caregiver and child. It also helps bolster the child's self confidence, self esteem and increases their attention span.

The second part is the Parent Directed Interaction (PDI). This focuses on targeting specific behaviors, how to set rules, listening to caregivers, frustration tolerance and appropriate public behavior. Parents also learn to problem solve while remaining calm and confident.

Who is best suited for PCIT?

Children ages 2 to 7 years old with behavioral problems related, but not limited to: Attention Deficit Hyperactivity

Disorder, Oppositional Defiant Disorder and anxiety disorders. The best part is these skills often transfer to siblings.

What does a PCIT session look like?

This is play based therapy. In session you will be playing with your child while a therapist coaches you. It might feel strange at first, but caregivers and children quickly become used to playing with building blocks or other toys during the session.

What should I do if I think PCIT might be right for my child?

For more information, contact OKCIC's Behavioral Health department at (405) 948-4900 ext. 610.



Protect

Your

Family

from COVID-19



FREE

COVID-19 vaccines

at Oklahoma City Indian Clinic

**For more information, call
(405) 595-3100 option 2**

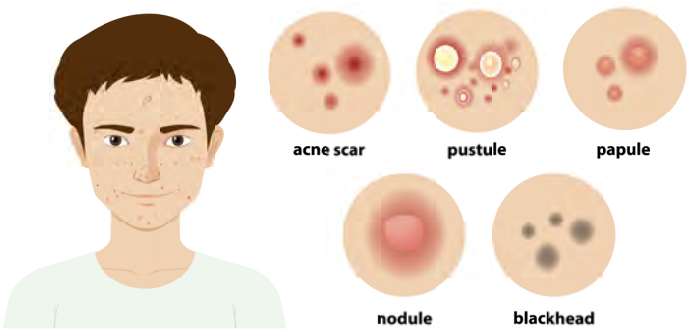
Struggling with acne?

Acne, or pimples, occurs when pores get clogged with dead skin, oils and bacteria. Cases range from be mild to severe. It includes white heads, black heads, inflamed lesions, and cyst like lesions. Acne often causes psychological effects including decreased self-esteem, depression, and anxiety due to its appearance.

The first line of treatment for acne is typically combination therapies. Some examples for home care are listed below.

- Do not pop or squeeze acne; this can worsen acne, damage skin, cause scarring or lead to infections
- Wash your face two times every day with a mild face wash
- Avoid oil-based make-up and skin products
- Use an oil-free moisturizer
- Try over-the-counter acne medications, but if there are no improvements within

ACNE TYPES



two to three months you should make an appointment with your provider

- Over-the-counter medications include acne face washes (Proactiv®, Neutrogena® Acne Wash, etc.), topical treatments (benzoyl peroxide or salicylic acid, Differin® Gel, etc.)
- Prescription treatments include topical applications and oral ingestion

Don't hesitate to reach out to your provider for additional questions!

Virtual Medical Visits Now Available!

Adult medical virtual visits

(405) 948-4900 and follow the prompt

Pediatric/Adult dietitian virtual visits

(405) 948-4900 ext. 698

Pediatric medical virtual visits

(405) 948-4900 ext. 633

Personal training virtual visits

(405) 948-4900 ext. 618

Behavioral Health virtual visits

(405) 948-4900 ext. 610

Diabetes virtual visits

(405) 948-4900 ext. 247 or 694

**This is for patients with diabetes, pre-diabetes or obesity and would like a virtual visit with a Dietitian, Life Coach or Diabetes Educator.*

To schedule a virtual visit, please call (405) 948-4900 and the appropriate extension. You will then speak to a staff member to determine if your symptoms qualify for a virtual visit.



Jalapeno Chicken Pineapple Kabobs



Bake Time: 7 minutes • Serves: 4

Ingredients

- 1 lime, zested and juiced
- 1 tbsp olive oil
- 1 jalapeño pepper, seeded and minced
- 2 tsp minced garlic
- ½ tsp salt
- ¼ tsp black pepper
- 1 lb boneless skinless chicken breast, cubed
- 1 ½ cup pineapple, cubed

Directions

1. Combine lime juice, oil, jalapeño, garlic, salt, and black pepper in large zip-close plastic bag; add chicken. Squeeze out air and seal bag; turn to coat chicken. Refrigerate, turning bag occasionally, at least 20 minutes or up to overnight.
2. Preheat grill to medium. Soak 4 (8- to 10-inch) wooden skewers in water at least 20 minutes.
3. Remove chicken from marinade; discard marinade. Thread chicken and pineapple alternately onto skewers.
4. Spray kebabs with nonstick spray and place on grill rack. Grill, turning occasionally, until chicken is cooked through, about 7 minutes. Sprinkle with lime zest.

Nutrition Facts

Servings: 4

Amount per serving

Calories	197
Total Fat	5.1g
Saturated Fat	1g
Cholesterol	71mg
Sodium	347mg
Total Carbohydrate	9.9g
Dietary Fiber	1.3g
Total Sugars	6.4g
Protein	27.8g

For more healthy cooking recipes, scan this QR code:



YOUR

SEXUAL

HEALTH

MATTERS

Having sex can put you at risk of sexually transmitted infections and it's important to know how to reduce that risk as much as possible.

According to the American Sexual Health Association (ASHA), condoms are the only widely available method for reducing transmission of sexually transmitted infections (STI) during intercourse. Getting tested between partners, or if you have symptoms of an STI, can also help prevent STI's from being spread.

Many STI's show only mild symptoms or no symptoms at all, so getting tested may be the only way to know if you have one. The Centers for Disease Control and Prevention (CDC) has an online tool to help you find STI testing in your area. The tool also has a filter that shows free and low cost testing options.

There are even some vaccines available to prevent diseases like human papillomavirus infection (HPV) and hepatitis. HPV can cause warts or cervical cancer. Hepatitis B can cause chronic illness or liver cancer in severe cases. Talk to your health care provider to see if getting vaccinated is right for you.

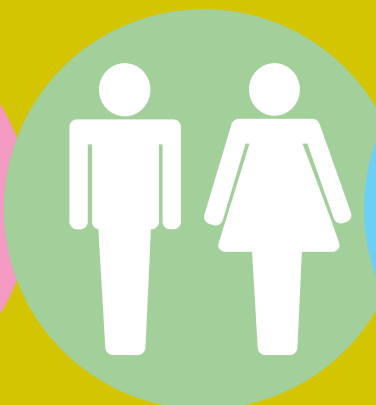
Sexual health isn't only about staying physically healthy, but emotionally healthy too. Understanding consent is a big part of sexual health.

Consent must be given freely without coercion. All participants must agree to sexual activity with confidence, enthusiasm and awareness. **If any participant is reluctant or takes back their consent at any time, then any sexual activity must STOP.**

Sexual assault refers to sexual contact that happens without a person's consent. If this has happened to you, there are resources available.

The National Sexual Assault Telephone Hotline can put you in touch with your local crisis center, and can be contacted at 1-800-656-4673.

Sexual health is an important part of our physical and emotional health. You should always take care of your health, but consider taking extra steps from now on.





If you receive a call and the caller:

- » Threatens you
- » **Asks for personal or financial information**
- » **Says they are calling from Social Security and your benefits will be cut off or suspended**
- » **Says your Social Security Number has been involved in a crime**

Hang Up Immediately.

Scams are becoming increasingly sophisticated – some spoofing SSA caller ID or using SSA employee names.



**Please call the Social Security Administration
OIG Fraud Hotline if you suspect fraud.**

Telephone: 1-800-269-0271 from 10 a.m. to 4 p.m. Eastern Standard Time

TTY: 1-866-501-2101 for the deaf or hard of hearing

Or visit us online at: <https://oig.ssa.gov/report-fraud-waste-or-abuse>

ARE YOU SUFFERING FROM POST-TRAUMATIC STRESS DISORDER?

Post-traumatic stress disorder (PTSD) can affect anyone who has experienced a traumatic event, even young children.

According to the National Center for PTSD, eight million adults have PTSD during a given year, and 7-8% of the population will experience PTSD at some point in their life.

The National Center for PTSD categorizes trauma as either war and combat, violence and abuse, or disaster and terrorism. All categories of trauma can lead to PTSD, no matter age or gender. The four main symptoms of PTSD are reliving the event, avoiding things that remind you of the event, having more negative thoughts and feelings than before the event, and feeling on edge or nervous.

Trauma-focused therapies and antidepressants are both treatment methods recommended by the National Center for PTSD. Oklahoma City Indian Clinic's (OKCIC) Behavioral Health department provides adult outpatient counseling, including Eye Movement Desensitization and Reprocessing (EMDR) therapy. EMDR has strong evidence proving its effectiveness in treating PTSD.

Additionally, OKCIC has several talking circles and educational groups available. The Cognitive Behavioral Therapy and Dialectical Behavioral Therapy educational groups are designed to teach coping mechanisms and skills to regulate harmful thought patterns. Talking circles are less formal and based on the sacred tradition of sharing circles. These groups are designed to combine Native American culture, support and community bonding.

Treatment is an individual process and OKCIC is committed to working together to find the option that is best suited for the patient.

There are also several self-help options available to treat PTSD. The National Center for PTSD has a free mobile app called PTSD Coach to help you try out different coping techniques and see what works best for you.

If you need help finding a therapist, the American Psychological Association has an online psychologist locator. This tool allows you to filter by location, specialty, insurance accepted and gender of the provider. You can also ask your primary care provider, friends or family for a recommendation.

Living with PTSD isn't easy. Seek treatment with a behavioral health professional.

If you're experiencing a mental health emergency, there are resources available to you, including: calling 911, calling the Suicide Helpline at 1-800-273-8255, calling the OK County Crisis Center at (405) 945-6215 or texting the Crisis Textline at 741-741 by texting the word "Connect".

For more resources at OKCIC, please visit okcic.com or scan the following QR code.





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Oklahoma to meet your health care needs.

Choctaw Nation Health Care Center	(918) 567-7000
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Broken Bow Health Clinic	(580) 584-2740
Durant Regional Medical Clinic	(580) 920-2100
Hugo Health Clinic	(580) 326-7561
Idabel Health Clinic	(580) 286-2600
McAlester Health Clinic	(918) 423-8400
Poteau Health Clinic	(918) 649-1100
Stigler Health Clinic	(918) 967-9200

Lois White Burton Refill Center (866) 367-4084



Services and hours of operations vary by location.
Must have CDIB to be eligible for services.

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Living out the Chahta Spirit FAITH ♦ FAMILY ♦ CULTURE

IN-PERSON PROGRAMMING HAS RETURNED!

Many of Oklahoma City Indian Clinic's (OKCIC) Health Promotion and Disease Prevention (HPDP) programming has returned to in-person participation for the spring 2022 season. **This also includes OKCIC's Wellness Center returning to in-person one-on-one appointments.**

In-person programs include: Adult Fancy Fringes; After-School Basketball, Cheer/Tumbling, #DanceTrends, E-Gym, MISS and Jr. MISS, Native Creations, Project Power, Soccer, Running; Kidney Class; Senior Nutrition; and the Walk for Wellness and 5K Fun Run.

Virtual events include: Adult Weight Management; After-School Kids in the Kitchen, Twirling, Zumba; Kids in the Kitchen Jr.; Family Dinner Night; Family Yoga Night; Healthy Heart Program; and TURTLE Camp.

You can sign up for all programs virtually through OKCIC's website at okcic.com/hpdp. A full list of programs is on page 39 of this issue.



Due to the ongoing pandemic and for the safety of everyone, in-person events may return to virtual at any time.

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HEALTH PROMOTION DISEASE PREVENTION

SPRING EVENTS SCHEDULE

**All programs require pre-registration,
wellness exam and a current nutrition referral.**

YOUTH AFTER-SCHOOL CLASSES Multi-week programs

Check online for application due dates.

★ **Zumba** (ages 9-15).....Tuesdays
Starting January 18, 2022 @ 4:30 P.M.

Native Creations (ages 6-13).....Tuesdays
Starting January 18, 2022 @ 4:30 P.M.

Soccer (ages 6-17).....Tuesdays
Starting March 22, 2022 @ 4:30 P.M.

Cheer (ages 6-12).....Tuesdays
Starting March 22, 2022 @ 4:30 P.M.

★ **Kids in the Kitchen** (ages 9-15).....Wednesdays
Starting January 19, 2022 @ 4:30 P.M.

E-GYM (ages 4-8).....Wednesdays
Starting May 4, 2022 @ 4:30 P.M.

Basketball (ages 9-17).....Wednesdays
Starting March 23, 2022 @ 4:30 P.M.

Project POWER Fitness (ages 12-17).....Wednesdays
Starting January 19, 2022 @ 4:30 P.M.

★ **Twirling** (ages 6-17).....Thursdays
Starting January 20, 2022 @ 4:30 P.M.

#DanceTrends (ages 6-17).....Thursdays
Starting January 20, 2022 @ 4:30 P.M.

Jr. MISS (ages 9-11).....Thursdays
Starting March 24, 2022 @ 4:30 P.M.

MISS (ages 12-17).....Thursdays
Starting March 24, 2022 @ 5:00 P.M.

Running (ages 6-17).....Thursdays
Starting January 20, 2022 @ 4:30 P.M.

Day	Date	Time	Event	Registration Deadline	Age Group
JANUARY					
Thurs.	01/13	3:00 p.m.	Spring Programs Orientation Information Event		
Wed.	01/26	5 & 6 p.m.	Family Dinner Night	01/19	All ages
FEBRUARY					
Thurs.	02/24	6:00 p.m.	Family Yoga Night ★	02/17	All ages
MARCH					
Wed.	03/02	12:00 p.m.	Adult Weight Management begins ★	02/23	18+
Wed.	03/02	12:00 p.m.	Kidney Class	02/23	18+
Tues.	03/08	12:00 p.m.	Adult Fancy Fringes ★	03/01	18+
Mon. - Fri.	03/14-18	All Day	After-School programs are SUSPENDED during Spring break		
Tues. - Thurs.	03/15-17	TBD	Spring TURTLE Camp ★	03/08	6-17
Fri.	03/18	10a & 2 p.m.	Kids in the Kitchen Jr.	03/11	4-8
Wed.	03/30	5 & 6 p.m.	Family Dinner Night ★★	03/23	All ages
APRIL					
Thurs.	04/21	6:00 p.m.	Family Yoga Night ★★	04/14	All ages
MAY					
Mon. - Fri.	05/09-13	10:00 a.m.	Senior Nutrition begins ★	05/02	60+
Tues.	05/10	12:00 p.m.	Adult Fancy Fringes	05/03	18+
Sat.	05/21	8:00 a.m.	Walk for Wellness and 5K Run	TBD	All ages

GROUP EXERCISE CLASSES (ages 12+ & only 6 patients per class)

Circuit Training	Mon. & Wed. @ 7:00 A.M. & 4:00 P.M.
Core Power	Tues. & Thurs. @ 12:00 P.M.
Moccasin Movers	Tues. & Thurs. @ 10:00 A.M.
Tai Chi	Tues. & Thurs. @ 7:30 A.M.
Yoga	Mon. & Wed. @ 5:30 P.M.
Zumba	Tues. & Thurs. @ 5:30 P.M.

All virtual programs are marked with a STAR next to the program name. ★
Otherwise, the program will be held in-person.

For additional information and updates
on future spring programs, please
check OKCIC's social media accounts,
including HPDP's group on Facebook.



Start improving your heart health TODAY

By: Laci Patterson, MA, RD/LD

Oklahoma City Indian Clinic's (OKCIC) virtual Healthy Heart Program helps participating patients by decreasing risk factors that can lead to heart disease.

This program is grant funded by the AstraZeneca© HealthCare Foundation Connections for Cardiovascular Health. Patients who qualify for this program are adults 18+ years or older that have a diagnosis of hypertension or hyperlipidemia. The Healthy Heart program is three-months long, requiring participants to join a virtual class once a month through MEND Telehealth©. It teaches participants about nutrition and exercise changes that promote heart health by setting goals, creating exercise plans and providing basic nutrition skills that participants can implement into their everyday lives.

A pre-assessment is given initially to establish baseline measurements and track progress throughout the program. The measurements are cholesterol, body weight, body fat percentage, muscle mass and a wrist blood pressure measurement. A registered dietitian and personal trainer reviews the pre-assessment results and discusses areas where the patient should focus for the next three months. Not only are physical elements assessed, current knowledge is assessed by giving participants a 5210 survey and nutrition

quiz. When the pre-assessment is completed and results are discussed, the participants are given a MyPlate as a guide for healthy eating and portion control, as well as a wrist blood pressure cuff to use throughout the program.

Once the three-month program is completed, each participant will complete a post-assessment to compare results for cholesterol, weight, body fat percentage, muscle, blood pressure and nutrition improvements. A registered dietitian and personal trainer review and discuss the results and/or improvements with the patients.

Upon checkout, each participant will receive a five pound dumbbell set, exercise bands, Mrs. Dash© seasoning packet and a Crest Food© gift card for participating and completing the classes. Throughout 2021, the average Healthy Heart patient decreased their body weight, body fat percentage, BMI, blood pressure, triglycerides, intake of sugar sweetened beverages and screen time. They also increased fruits and vegetables intake, physical activity and knowledge of cardiovascular disease risk factors. Often, participants ask if they can complete the program again for accountability purposes, which is also an option.

This program has been and continues to be successful for patients because of the relationships built between OKCIC's staff and patients, due to their eagerness to make the necessary changes.

***To sign up for OKCIC's Healthy Heart program,
please call (405) 948-4900 ext. 698.***

Getting Healthy Feels Good

By: Travon Moore

When beginning Oklahoma City Indian Clinic's Pediatric Wellness Program, 15-year-old Jerry struggled with weight gain, self-confidence and had trouble sleeping. Throughout the course of the program, Jerry began to take his overall wellness and well-being more seriously. It was important for him to learn about the reasons why certain habits can lead to health problems, such as high blood pressure, obesity or diabetes. He began changing his diet by implementing more vegetables and fruit, and using them to put in smoothies for a nice snack or meal, as well as watching his

intake of fried foods and sugar-sweetened beverages. After doing some resistance training workouts before bed every night, Jerry noticed he was able to get a more restful sleep and had additional energy the next day. Throughout the Pediatric Wellness Program, he lost weight, lowered his A1c levels out of prediabetic range and has gained more confidence in himself. Due to the efforts he put into the program, he has more desire to get out of the house to have fun and be active. Jerry is driven to continue to stay consistent with his physical activity and healthy eating.

Healthy Heart

Virtual Visit Style



OKLAHOMA CITY
INDIAN CLINIC
www.okcic.com

Enroll anytime

This course is intended to provide patients ages 18 and up with an overview of heart health basics, including:

- Stress reduction
- Risk factors
- Blood pressure management
- Cholesterol management
- Cardiovascular benefits of physical activity
- Nutrition information

This is a virtual visit course format and patients need access to a computer or smart device connected to the Internet to enroll.

Patients who complete the course will be eligible for a FREE blood pressure cuff, gift card, exercise dumbbell set, exercise band, a MyPlate silicone plate, lipid and cholesterol reading, and an InBody test.

For more information or to sign up, please visit
www.okcic.com/hpdp or contact (405) 948-4900 ext. 698.





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Red Feather Gala

The event will be held November 5, 2022.

Funds raised will benefit Oklahoma City Indian Clinic patients in need of hearing aids. Help us give the gift of hearing to those in need.

Your financial support is greatly appreciated. Please visit
redfeathergala.com for partnership and donation opportunities.