

CROWNPOINT HEALTH CARE FACILITY NEWS

Division of Public Health - P.O. Box 358 Crownpoint, NM-USA (505)786-6240

SEPTEMBER 2016

Let's Talk about Suicide Prevention...

Suicide is a serious public health problem that causes pain, suffering, and loss to individuals, families, and communities. The causes of suicide can be caused by many factors, such as mental illness, substance abuse, painful losses, exposure to violence, and social isolation.

Over 42,000 people in the United States die from suicide every year. **One person dies by suicide every 13 minutes.** That is more than the rate of death from homicide and AIDS combined. More people die by suicide than from automobile accidents.

The suicide rate has been rising over the past decade. From 1999 to 2013, the suicide rate for all ages in the United States increased. Half of these deaths occur by use of a firearm.

Of all the death caused by suicide in 2013, 78% of those were male. In 2013, the latest year for which data is available, the highest number of suicides among both men and women occurred among those aged 45 to 54. Suicide was the second leading cause of death for young people ages 15 to 24 and for those aged 25 to 34.

Suicidal thoughts are also a big concern. Having thoughts of suicide increases the risk of a person making an actual suicide attempt. There are more than 25 attempted suicides for each suicide death. Native American high school students report higher rates of suicidal behaviors (serious thoughts of suicide, making suicide plans, attempting suicide, and getting medical attention for a suicide attempt) than the general population of U.S. high school students.

Suicide prevention efforts seek to:

- Reduce factors that increase the risk for suicidal thoughts and behaviors
- Increase the factors that help strengthen, support, and protect individuals from suicide

Efforts like those address individual relationships and community factors while promoting hope, making it easier for individuals to get into treatment and supporting recovery.

Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable

Warning Signs of Suicidal Behavior

These signs may mean that someone is at risk for suicide. Risk is greater if the behavior is new, or has increased, and if it seems related to a painful event, loss, or change:

- Talking about wanting to die or kill oneself
- Giving away prized possessions
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

<http://www.samhsa.gov/suicide-prevention>

Populations at Risk for Suicide

While suicide can touch people from all walks of life, there are some population groups known to be at higher risk than the general population.

- Native Americans and Alaska Natives
- Surviving family, friends and other loved ones
- People in justice and child welfare settings
- People who intentionally hurt themselves (non-suicidal self-injury)
- People who have previously attempted suicide
- People with medical conditions
- People with mental and/or substance use disorders
- People who are lesbian, gay, bisexual, or transgender
- Members of the military and veterans
- Men in midlife and older men



Populations at Risk - Active Military & Veterans

Every day 22 plus Veterans and 1 Active Duty Soldier take their own lives. Burdened with the stigma associated with mental health issues and the military “shame” surrounding PTS (Post Traumatic Stress), they instead turn to suicide as their only option to relieve suffering.

Veterans in crisis may show behaviors that indicate a risk of harming themselves. Veterans who are considering suicide often show signs of depression, anxiety, low self-esteem, and/or hopelessness.

If you are a Veteran or know a Veteran who is showing any of the above warning signs, please call the Veterans Crisis Line, chat online, or send a text message today.

The Veterans Crisis Line connects Veterans in crisis and their families with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, chat online, or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

Populations at Risk - LGBT Youth

Suicide is the leading cause of death for LGBT (Lesbian, Gay, Bisexual, Transgender) youth in our country. Recent suicides in the LGBT youth community have attracted major media attention and raised awareness of the issue.

Gay, bisexual men are at a greater risk for suicide attempts, especially before the age of 25. According to the CDC, youth in grades 7-12 found that lesbian, gay, and bisexual youth were more than twice as likely to have attempted suicide as their heterosexual peers.

The Trevor Project lifeline connects young LGBT youth in crisis who are feeling suicidal or in need of a safe and judgement free place to talk with trained counselors 24/7. The Trevor Project also offers Trevor Chat (online instant messaging with a counselor) and Trevor Text (Text “Trevor” to 1-202-304-1200) for anyone who might be experiencing a suicide crisis. For more information you can visit www.thetrevorproject.org



If you believe someone may be thinking about suicide...

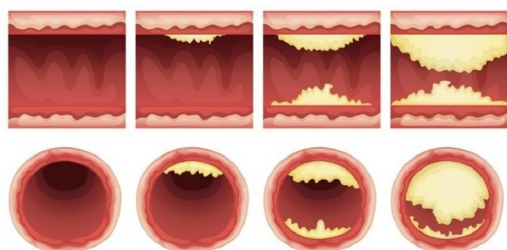
- Ask them if they are thinking about killing themselves. (This will not put the idea into their head or make it more likely that they will attempt suicide.)
- Listen without judging and show your care.
- Stay with the person (or make sure the person is in a private, secure place with another caring person) until you can get further help.
- Remove any objects that could be used in a suicide attempt.
- Call SAMHSA's National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and follow their guidance.
- If danger for self-harm is serious, call your local police.

Know the Facts About Cholesterol

All adults should have their cholesterol measured, learn their cholesterol numbers and their risk for high cholesterol, heart disease, and follow a heart healthy lifestyle to lower the risk for disease.

What is cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke—the first and third leading causes of death in the United States.



Are you at risk?

About one in every six adult Americans has high cholesterol. Anyone, including children, can develop it.

Several factors that are beyond your control can increase your risk. These include your age, sex, and heredity. But, there are some risk factors that you can change. Examples include eating an unhealthy diet, being overweight, and not getting enough exercise.

How is high cholesterol diagnosed?

Doctors can do a simple blood test to check your cholesterol. Most adults should get their cholesterol levels checked every five years. If your total cholesterol is 200 mg/dL* or more, or if your HDL (good cholesterol) is less than 40 mg/dL, you will need to have a lipoprotein profile blood test done. Ask your doctor about what may be right for you.

Total cholesterol	Less than 200 mg/dL*
LDL ("bad" cholesterol)	Less than 100 mg/dL
HDL ("good" cholesterol)	40 mg/dL or higher
Triglycerides	Less than 150 mg/dL

How is it treated?

Lowering high cholesterol levels is important for people at all ages, with and without heart disease. If you have high cholesterol, you will need to eat a healthy diet, exercise regularly, quit smoking, and you may need to take medication.

Recipe Corner:



Pecan-Topped Pumpkin Bread

This pumpkin bread offers great flavor without the extra fat and calories of traditional pumpkin bread recipes. A sprinkling of chopped pecans on top adds great seasonal flavor as well.

Yield: 2 loaves; 12 servings per loaf (serving size: 1 slice)

Ingredients

- 3 1/3 cups all-purpose flour (about 15 ounces)
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground allspice
- 2 cups granulated sugar
- 1/2 cup egg substitute
- 1/2 cup canola oil
- 1/2 cup low-fat buttermilk
- 2 large eggs
- 2/3 cup water
- 1 (15 ounce) can pumpkin
- Cooking spray
- 1/3 cup chopped pecans



Preparation

Preheat oven to 350°

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 6 ingredients (through allspice) in a bowl.

Place sugar, egg substitute, oil, buttermilk, and eggs in a large bowl, beat with a mixer at high speed until well blended. Add 2/3 cup water and pumpkin, beating at low speed until blended. Add flour mixture to pumpkin mixture, beating at low speed just until combined. Spoon batter into 2 (9 x 5-inch) loaf pans coated with cooking spray. Sprinkle pecans evenly over batter. Bake at 350° for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pans on a wire rack; remove from pans. Cool completely on wire rack.

NOTE: This recipe makes two loaves. Freeze the extra bread, tightly wrapped in plastic wrap, for up to one month. Omit the nuts or substitute chopped walnuts, if you prefer. Check the bread after 50 minutes of baking—you may need to cover the loaves with aluminum foil for the last 10 minutes to prevent overbrowning

For more healthy recipes you can visit: www.cookinglight.com

JMI Season Shines Through Individual & Community Challenges

By: Eli Bigthumb

The Crownpoint Division of Public Health and community partners coordinated 24 "Just Move It" (JMI) family fun runs/walks for the Eastern Navajo Agency. The Crownpoint JMI Series began on May 06, 2016 in Baca and concluded on July 21, 2016 at Crownpoint Middle School in Crownpoint, New Mexico during the Dine Bi' Eastern Navajo Fair. The communities that participated in the walk/runs are: Baca, Standing Rock, Torreon, Pueblo Pintado, Lake Valley, Ojo Encino, Whitehorse Lake, Thoreau, Casamero Lake, Smith Lake, Mariano Lake, Littlewater, Nahodishgish, Whiterock, Becenti and Crownpoint. Our JMI efforts have continued to extend further into the Eastern Navajo Agency by including eight communities outside the Crownpoint Service Unit in Alamo, Ramah Navajo, To'Hajiilee, Albuquerque, Cuba, Grants, Acoma and Laguna Pueblo. An addition of a new community/partner was added to this year's JMI schedule and we were fortunate to have the City of Grants Recreation Department of Grants, New Mexico be a part of the 2016 Just Move It season.

Several challenges were incorporated in this year's series at each walk/run event. The Community Challenge encouraged people in their respective community or chapter to increase their overall participation from the previous year. The communities who placed in the Community Challenge are Nahodishgish – 1st Place, Smith Lake – 2nd Place and Mariano Lake – 3rd Place. These communities will receive an inaugural trophy for increasing their overall participation from the previous year. Overall, 15 of 23 communities were able to increase the number of participants in 2016. However, the communities who were unable to reach the Community Challenge goal were not far behind and still continue to maintain a steady rate of consistent participation from their community members year to year.

The Individual Challenge allowed participants to earn additional incentives for participating in seven or more JMI events. By participating at each JMI event, every participant had a chance to receive our Next Step Incentives (other than the t-shirt) of a Tech Fitness Belt, long sleeve t-shirt and/or a hooded sweatshirt. The results showed 222 participants participated in 2 – 4 JMI events; 25 participants participated in 5 – 8 JMI events and 18 participants participated in 9 – 16 JMI events. The winners of the Individual Challenge are Raelyn Elthie (Thoreau), Robert James (Thoreau), Alvin Miles (Crownpoint), Lorraine Miles (Crownpoint), Emerson Nez (Baca) and Monique Yazzie (Thoreau). All of these individuals took the JMI Challenge by attending 16 events.

The Crownpoint Division of Public Health highly encouraged employee wellness among the staff at Crownpoint Healthcare Facility. A Department Challenge and Employee Challenge were implemented in hopes of Crownpoint Hospital employees serving as a healthy advocate (role model) in their community. The Department Challenge encouraged hospital employees to receive the most participation from their staff during the 2016 JMI season. The recipient of the Department Challenge is Patient Registration/Patient Benefit Coordinator's. The group of Henrietta Antonio, Theresa Haines, Michaelyn Jodie, Kristiana Jones, Sharon McNeal and Rosinda Murphy-Martin collectively attended 30 JMI events. The recipients of the Employee Challenge are Henrietta Antonio (Human Resources) and Alonzo Thomas-Becenti (Emergency Room). These 2 Crownpoint Hospital employees actively participated and will receive their very own Fit Bit to continue tracking their personal health and progress.

The Crownpoint JMI partnership continues to be a successful collaboration between the Crownpoint Division of Public, various departments at Crownpoint Healthcare Facility and local community resources. This unique partnership is an extraordinary asset to our community physical activity events and has become evident from the communities we serve. The support from United Healthcare Community Plan was beneficial at each JMI location when the local chapter(s) were unable to accommodate their participants. Several key elements help to strengthen the

Crownpoint JMI partnership and relationship such as community connectedness, enthusiasm and constant communication. Our strong partnership indicates a positive working history, a high level of engagement from partners and clear defined roles and responsibilities of partners, and a willingness to engage in future activities/events.

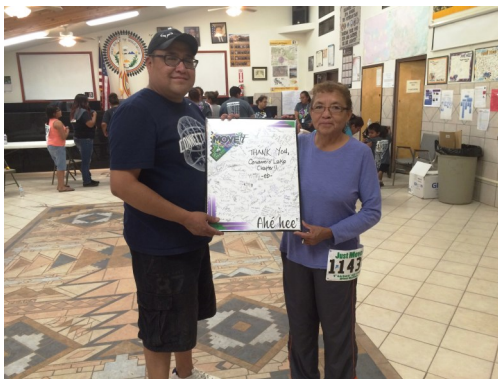
Partners in our JMI efforts are: United Healthcare Community Plan, Crownpoint Public Health Nursing, Navajo Nation Office of Dine' Youth – Eastern Navajo Agency, Navajo Nation Special Diabetes Project – Crownpoint Service Area, Navajo Health Education & HIV Prevention Programs – Crownpoint, Department of Behavioral Health Services – Crownpoint & Thoreau Outpatient Programs, Navajo Nation Community Health Representative/Outreach Program – Crownpoint Service Unit, Alamo Community Wellness Center, To'Hajiilee Diabetes Program, Pine Hill Wellness Center, Acoma Health & Wellness Program, Pueblo of Laguna Sports & Wellness, Laguna Diabetes Program, First Nations Community Healthsource, National Relief Charities, The Earth Circle Foundation, Inc./Wings of America, Step Into Cuba Alliance, City of Grants Recreation Department, Navajo Technical University, Crownpoint Middle School, Shima' Transport and the dedicated staff of the Crownpoint Healthcare Facility.

The 2016 Crownpoint Just Move It season has come to a close and I wanted to personally thank you for your participation and investment in our communities. Your dedication means you understand what it means to shape healthier lives. I am proud we were able to once again help create lasting changes that benefit all of us. Our achievement shows that advancing the common good within our community is something we can all do through being physically active. Thank you again for your continued support and for being a part of a positive social change. Stay tuned for future community fitness activities and events through our Keep on Movin' It (KOMI) initiative for the fall and winter season. If you have any questions or need additional information, you may contact Eli Bigthumb at (505) 786-6321.

Thank You!



2016 Just Move It Series



It's a Great Time to Check Out a Local Farmers Market!



As Fall approaches, many of the local farms will provide a bountiful harvest of fruits and vegetables like squash, corn and green chile! Farmers will gather at various Farmers Markets held across New Mexico to display and sell their amazing array of produce. Most New Mexico Farmers Markets open in June or July and generally stay open through the end of October or until the first hard frost arrives,

Trips to your local Farmers Market is one of the best ways to connect where your food comes from. Locally grown food is also the freshest and most flavorful food that will be available in your area. Meeting and talking to farmers and food artisans is a great opportunity to learn about how and where food is produced.

Of course, shopping at Farmers Markets helps to make healthier food choices easier for everyone. Programs such as the Supplemental Nutrition Program (SNAP) and the Women, Infants and Children (WIC) and Senior Farmers Market Nutrition Programs are available at many market farm stands across the state to provide access to locally grown fresh food!

Here are a few Farmers Markets that are a hop, skip and drive from Crownpoint:

Hasbídító Mobile Farmers Market

Location: Ojo Encino Chapter House - Ojo Encino, NM

Phone: Watson Castillo 505-731-2453

Email: ojosix@hotmail.com

Hours: 2016 Season: June 4 - October 31
Tuesdays 9:00am - 3:00pm

Cuba Farmers Market

Location: 6362 US Highway 550 - Cuba, NM

Phone: Geroganna Gore

Email: oafrick@yahoo.com

Hours

2016 Season: July 2 - September 24

Saturdays, 8:00am - sellout

Mondays, 9:00am - sellout

***SNAP/EBT accepted**

***WIC/Senior FMNP checks accepted**

Farmington Growers Market

Location: 3041 E Main Street - Farmington, NM

Phone: Bonnie Hopkins 505-334-9496

Email: bhopkins@nmsu.edu

Hours: 2016 Season: June 11 - October 29, 2016

Saturdays 8:00am - 12:00pm

***SNAP/EBT accepted**

***WIC/Senior FMNP checks accepted**

***Debit cards accepted**

Gallup Farmers Market

Location: Coal & Aztec - Gallup, NM

Gallup Downtown Walkway between Coal and Aztec.

Phone: Carole Palmer 505-713-2333

Email: gallupfarmersmarket@yahoo.com

Hours: 2016 Schedule: July 9 - October 15

Saturdays, 8:30am - 11:30am

***WIC/Senior FMNP checks accepted**

Grants Farmers Market

Location: Fire & Ice Park, W. Santa Fe Ave. - Grants, NM

Phone: Heather Fleming 505-285-3542 ext 117

Email: grantsfarmersmarket@future-foundations.com

Hours: 2016 Season: August 6 - October 15

Saturdays 9:00am - 12:00pm



CROWNPOINT SANE/SART TASK FORCE

The Task Force meets every 3rd Wednesday of the month from 8:30am - 9:30am in the Crownpoint Healthcare Facility Conference Room

GOAL: Reach out to the community for developing a Multidisciplinary Team (MDT) response to sexual assault. A MDT usually consists of

- Behavioral Health
- Physicians and Nurses
- Law Enforcement
- School Officials
- Prosecutors
- Social Services

**Sexual
Assault
Awareness**

VISION: Establish a Navajo culturally sensitive Sexual Assault Response Team (SART) for Crownpoint and surrounding areas.

MISSION: Prevent further damaging effects from sexual assault in our communities.

Community members welcome to join us and participate. Volunteers are needed.

Questions or concerns contact Stacy Jervis, FNP-BC @ 505-786-6295 or at stacy.jervis@ihs.gov.

Becoming a Navajo Warrior– Becoming a Young Dine Man

Author: Richard Anderson, Sr., the Dine' Blessing Way Chanter and Traditional Counselor - New Horizon Wellness Center

I have been asked many questions about a Navajo Blessing Way ceremony for a male youth becoming a man.

Usually a change starts taking place with a male youth between the ages of 11, and 13 years old. This is noticed by the parents or family members. When this occurs, the youth has become a man. Back in time, he has become a young warrior.

A tache' (sweat lodge) is prepared. The Tache' must be Dine'. What a young warrior would need are made or gathered for him. This includes the following Navajo traditional attire:

- The warrior bow and arrows, (Navajo made)
- A bow guard with arm bands
- Yeibichei skirt
- A yeibichei pouch made out leather or buck skin
- Moccasin, with leggings
- Jewelry, male necklace, rings, bracelet, male ear rings
- Concho belt
- Head band
- Robe

When the time comes for the ceremony, a special sacred song created for Dine is sung for a warrior. As this song is sung for the warrior; he is decorated as a young warrior and as a respected Dine' young man.

When this is completed, he is led with a Blessing Way song to the tache' site. At tache' he is blessed with a Blessing Way mountain smoke and drinks a sacred herb juice prepared for him. The warrior then begins his sweat. He completes the sweat after going in four times. During this time a sacred songs are sung for him.

When the sweat is completed, he is led back to the Hogan with a sacred song. A male youth has become a man and a warrior. He dresses as so in the Hogan. He is blessed with corn pollen and a special blessing way (hozhojii') prayer is made for him. The family also blesses themselves with the corn pollen. A special sacred blessing way song is sung for the medicine bundle and for the Holy People which concludes the sacred warrior ceremony.

In conclusion, the young man's family, relatives that have supported him counsels their young man. A supportive and appreciative feast takes place. Everybody eats.

I hope this answers some questions about becoming of a young man and a warrior ceremony. This is a distinguished and an honored ceremony. It requires love, ke' and respect for the young man from family and relatives. I have performed this ceremony many at large across our Dine' land.

I have eluded some sacred teaching, counsel and requirements to safe guard my Dine' Blessing Ways and as a Dine' Navajo Blessing Way Chanter.

If there are any questions, please feel free to visit me at New Horizon Wellness office. I am at 505-786-6309.

**FACT:
EVERY 13 MINTUES SOMEONE
IN AMERICA DIES FROM A SUICIDE.**

Crownpoint Health Care Facility-Division of Public Health

SUICIDE PREVENTION MONTH ACTIVITIES



Please join us for the following events:

WEDNESDAY-September 7, 2016:
MSPI Information Booth 9:00am-4:00pm
Crownpoint Health Care Facility

WEDNESDAY-September 14, 2016:
Community Walk & WEAR YELLOW Day 10:00am-2:00pm
Crownpoint Health Care Facility

TUESDAY-September 20, 2016:
MSPI Information Booth 9:00am-4:00pm
NN Department of Self Reliance

TUESDAY-September 27, 2016:
Refreshments Will Be Served 3:00pm
Crownpoint Health Care Facility



For more information, please contact Kassie @ 786-2527

Honor Our Ancestors, Protect our People, Take the Test!

HIV Doo STIs ei Dooda Tour



SAY
Ooa'
TO
Education
Dooda to
HIV &
STDs

#Get Educated.
#Become health smart.

You are invited to an event on
Wednesday, September 21, 2016
10:00 a.m. to 3:00 p.m.
NTU Gymnasium

ALL NTU students and employees are encouraged to attend the event. If you are interested in setting up your health booth, you are more than welcome to do so.

- | | |
|---------------------------------|---------------------|
| ⇒ HIV/AIDS | ⇒ Domestic Violence |
| ⇒ Sexually Transmitted Diseases | ⇒ Condom Demos |
| ⇒ Harm Reduction | ⇒ Ke' (Clanship) |
| ⇒ Healthy Relationships | ⇒ Health Screenings |
| | ⇒ Etc. |



**FREE HIV
screening**

Crownpoint NHEP/
HIV Prevention Program
Phone: 505-786-2002

Welcome Aboard!

We are pleased to inform you of the addition of a new provider who has joined our hospital:

Dr. Mary Ellen Slaughter, Pediatrician



Dr. Mary Ellen Slaughter, board certified pediatrician joined the medical staff August 10, 2016. Dr. Slaughter completed medical school at the University of South Carolina School of Medicine and completed her pediatrics internship and residency at the University of Arkansas for Medical Sciences. She is a fellow of the American Board of Pediatrics (FAAP) and a member of the New Mexico Chapter of the American Academy of Pediatrics. Dr. Slaughter has worked in private practice these past 18 years and comes with previous experience working for the Gallup Indian Medical Center. She is excited about returning to the Indian Health Services.

The medical staff feels very fortunate to have such skilled and experienced providers join the hospital. Please take the time to give her a warm welcome.



September 2016 Events & Training

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Upcoming Events & Training

September 7, 2016: MSPI Suicide Prevention Booth
Crownpoint Health Care Facility 9:00am-4:00pm

September 14, 2016: Suicide Prevention Month
Community Walk & WEAR YELLOW Day 10:00am-2:00pm
Crownpoint Health Care Facility

September 20, 2016: MSPI Suicide Prevention Booth
NN Department of Self Reliance 9:00am-4:00pm

September 21, 2016: HIV Doo STI's ei Dooda Tour
NTU Gymnasium 10:00am-3:00pm
Sponsors: Navajo Health Education Program 786-2002

September 27, 2016: Suicide Prevention Month Activity
Refreshments will be Served 3:00pm



SCARY FACT! 🤔

It's not just coughs and sneezes that spread diseases. One single bacteria cell can multiply to become more than 8 million cells in less than 24 hours. Just imagine what's on the toilet door handle you just touched, the taps and even on other people's hands...

If you would like to share your news with us, please send photos & news articles for future publications to jerry.my.willie@ihs.gov or contact Jeremy Willie at 505-786-6447, CPSU Health Promotion.

OCTOBER 2016 Edition Deadline: Friday-September 23, 2016