

YTWC Monthly Meeting Notes

March 15th, 2022

Attendees

Name	Organization	Role
Alanna Nulph	Yurok Tribal Court (YTC)	SDVCJ Project Coordinator & Paralegal
Amanda Ammon	Yurok Tribe Office of Self-Governance (OSG)	Assistant Director
Annelia Hillman	Yurok Temporary Assistance for Needy Families (TANF)	Project Outreach Manager, Meeting Facilitator
Anthony Trombetti	Family Wellness Court	Court Coordinator, Del Norte
Ashley Gephart	Humboldt County DHHS – Public Health	Program Coordinator
Bessie Shorty	YTC	Youth At-Risk Program Manager
Celinda Gonzales	Yurok Health and Human Services (YHHS)	Youth Prevention Specialist
Chelsey Castiglione	United Indian Health Services (UIHS)	Tribal Opioid Response Manager
Daniel Norton Luna	YTC	Community Outreach Specialist, Hoh-ke-pek' program
Dawn Blake	Yurok Forestry	Director
Dr. Blythe George	YTC	Research Consultant
Hannah Lippe	Providence St. Joes	CARE Network, LCSW
Hollie Strahm	Yurok Tribe Public Health Department (YTPHD)	Public Health Officer
Katy Sanders	Del Norte County Health and Human Services	Social Worker Supervisor, Child Welfare Services
Kese McQuillen	YHHS	Youth Prevention Specialist, Yurok Youth Suicide Program
Kim Mamaradlo	Yurok Forestry / Requa District	Elder Firewood / Community Member
Kristi Alberti-Valles	Healthy Communities	Youth Coalition and Community Engagement Coordinator
Lau-Lei Lawrence	Yurok Opioid Affected Youth Initiative (YOAYI)	Prevention Specialist
Lila Knott	YTC	Community Outreach Specialist, CDPH Grant
Lizzie Moore	YTPHD	Intern
Madison Green	Client Services Department (CSD)	Director
Mathias Kasshoun Spero	US National Parks Service	Park Ranger
Mykia Washington	YTC	Victims of Crime Planner
Naome Workman	Del Norte County Behavioral Health	Program Coordinator
Nicole Sager	Yurok Indian Housing Authority	Executive Director
Rob England	UIHS	Tribal Public Health Director
Rosemary Deck	Yurok Tribe Executive Department	Prosecutor
Sarah Nelson	Humboldt County Public Health	Administrative Assistant
Shirley Cain	JBS International	Technical Expert Lead
Shoshoni Gensaw-Hostler	YHHS	Noh-sue-no-wow' Suicide Program Manager
Theresa McQuillen	YHHS	Youth Opioid Response Program
Tony Wallin-Sato	Cal Poly Humboldt	Project Rebound Program Coordinator

Public Health Survey Report

Hollie Strahm, *Public Health Officer & Lizzie Moore, MPH Intern, San Jose State University*
Yurok Tribe Public Health Office: What Should be Our Next Area of Focus?

- Survey was conducted among Yurok Tribe employees, asking about what the biggest health issues in the Yurok community are
- Putting together the survey:
 - **Step 1:** A national literature review was conducted. It revealed:
 - High rates of health concerns among AI/AN people, unequal to that of non-AI/AN people
 - Lower life expectancy than all other groups
 - Healthcare access is a major problem
 - Some of the health concerns identified by the literature review: accidents/unintentional injury, cancer, diabetes, heart disease, liver disease, mental health & suicide, obesity, substance abuse, violence
 - National data on AI/AN people should be used cautiously, because of lack of data and problems with generalizability
 - **Step 2:** Conducted key informant interviews, read Yurok documents, and participated in many groups discussions/ meetings to learn about the main health problems in the Yurok community. This step helped:
 - Delineate issues identified in the national literature review.
 - For example, “violence” was differentiated into sexual, domestic, and general categories
 - “Mental health” was differentiated into depression, suicide, and general
 - “Substance abuse” was differentiated into alcohol, fentanyl and other opioids, general, and tobacco
 - Add issues that didn’t come up in the national literature review
 - Like child wellness and health, education, wildfire smoke
 - **Step 3:** Conducted Yurok Tribal Employee Public Health Survey
 - 130 employees responded
 - Mental health, substance abuse, and child wellness/health were identified as the top 3 issues that affected employees’ families or community over the last year (besides COVID) when respondents were asked to select issues from the menu of choices
 - When the question was open-ended, mental health was the top health issue identified by respondents
 - The question “What do you think is the ONE, most important health problem that the entire Yurok community faces?” identified substance use as the number one issue
 - The greatest strengths of the Yurok community were identified as community/coming together to help, connection to tradition, culture, language, connection to spirit, and resilience
 - The question “What can be done to promote a health Yurok community?” identified several themes:
 - Actions needing to be connected to culture and tradition; gatherings, activities, and meetings in-person
 - Wellness, food, exercise, and health education

- Mental health
- Addressing substance abuse
- Connection to Yurok culture, community events, in-person gatherings
- **Focus Groups**
 - Elder Focus Group: 4 Elders
 - “What do you think are the biggest health problems in the Yurok community in which you live?”
 - Opioids & alcohol
 - Mental health: general & suicide
 - Elder care and prioritization
 - Grief and loss support
 - “Do you think that the Public Health Office should help with issues that already have a lot of attention (opioid use, mental health), or do you think it should focus on an issue that doesn’t have a lot of work being done on it (diabetes, cancer)?”
 - Preferable to fill the gaps
 - Issues are all connected and compounded
 - Adult focus group and teen focus group are coming soon
- **Questions/Comments**
 - Ceremonies should be starting up again as COVID eases, that should help a lot with mental health
 - Could you design interventions for the community that address crisis situations, and integrate them with culture?
 - Have read a lot about other tribes incorporating culture into their emergency responses; that’s totally possible. There’s a want and need for that/
 - This data was collected from employees, who are vested in this type of work and whose answers are likely related to and informed by their work.
 - Getting ambulatory care to the tribe should be a priority.
 - Part of the substance abuse issue is lack of places to go/places to send people; lack of rehabilitation and detox centers. Also, isolation because of COVID has really affected the community.
 - We shouldn’t just count on the tribe or any organization to work on wellness for our community, our people. We need to step up our game personally, as individuals too.

Elder Services Program Sharing

- **Daniel Norton Luna (*Community Outreach Specialist*):**
Impact of the Opioid and Polysubstance Crisis
 - In Humboldt County, individuals 65 and over are prescribed opioids more than any other age group
 - Prescription opioid-related overdose deaths are most common in the 35-39 years old age group in Humboldt County
 - The data does show that Elders are affected by prescription opioid-related overdose deaths as well

- Providing tools around alternative pain-management is one of the big goals
- Spring Fling will be the first large scale event that will be happening collaboratively in-person
 - Hoping to have events on 3 different Saturdays
 - If you have any suggestions, any programs you'd like to table at the event, reach out to Madison
- **Nicole Sager (*Director*):**
Yurok Indian Housing Authority—EEA and Rehab & Replacement Program
 - Two projects, one in Crescent City and one in Hoopa, that offer Elder low-income rental assistance housing
 - Elder Emergency Assistance Program: up to \$4,999 in assistance with a health and safety issue at an Elder's home
 - This could be around things like water, power, handicap ramps, roofing issues, etc.
 - Whatever will help Elders stay in their homes
 - Elders do have to be low-income and age-eligible to qualify
 - Rehab & Replacement Programs:
 - Up to \$150,000 for rehab work, or \$200,000 for new construction
 - Rehab work: things related to handicap accessibility, bathrooms, flooring, appliances, windows, etc.
 - Seeing more requests for ADUs (additional dwelling units)
 - All YIHA programs are open to Elders, these are just the programs that are exclusive to Elders
 - Question from chat: Can YIHA cover generator hookup to a house?
 - Yurok Emergency Assistance Relief Fund can. Fill out a CSBG application, Elders automatically qualify.
- **Dawn Blake (*Director*) & Kim Mamaradlo (*previous Administrative Assistant IV*):**
Yurok Forestry Department— Elder Wood Program
 - No income requirements. This change tripled the Elder recipients within the service area
 - Elders can request firewood via Facebook, contacting Dawn at Forestry, by calling the Forestry Office
 - Forestry will deliver about half a cord of unseasoned firewood per household
 - Welcomed volunteers this past season to help with chopping, loading, and delivering wood

Announcements/Updates

- Chelsey: UIHS Tribal Opioid Summit coming up on April 5th and 6th
 - Flyer will be in the chat
- Spring Fling coming up—stay tuned for updates and flyers
 - Dates not finalized yet.

- Kese: March 26th & 27th Self Defense Workshop in McKinleyville and Hoopa
 - Contact Kese or Cecilia Moore to register
- Lori: any updates on the Salmon Run?
 - Yes—flyers coming soon.

Next Yurok Tribe Wellness Coalition Meeting:

April 19th 2022, 1-3pm