

AIHREA



AMERICAN INDIAN HEALTH RESEARCH & EDUCATION ALLIANCE

Native Health in the Heartland

NEWSLETTER SUMMER 2015

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AIHREA Summer Internship 2015

The AIHREA Summer Internship Program had another great year and continues to build and improve from previous years! It is one of few programs providing internship opportunities for American Indian undergraduate and graduate students to explore and gain experience in health sciences and research specifically with American Indians. Since 2010, AIHREA has provided internships for over 70 American Indian students, as well as 15 non-Natives who are highly motivated to work with American Indian people. The AIHREA internship has established itself nationally for developing students for careers in the field of research, health services, public health, and community outreach with American Indians. Past interns have gone on to graduate school, medical school, and began careers in health services for tribes and other public health agencies; some have continued to work at Center for American Indian Community Health (CAICH) and Center for American Indian Studies (CAIS). We expect 2015's summer interns will do the same with continued success.



Intern Ashley Granville presents her summer work on suicide prevention to community members at our annual internship presentation day.

AIHREA Summer Internship 2015 (continued)

We welcomed six interns this summer to the CAICH offices on June 1.

- Ashley Granville, Prairie Band Potawatomi – University of Kansas
- Kassie James, Prairie Band Potawatomi – Washburn University-Topeka, KS
- Lauren King – Hamilton College-New York
- Luke Swimmer, Eastern Band Cherokee – University of Kansas
- Rachel Bazille, Cherokee Nation of Oklahoma – University of Kansas
- Robert Vuchetich – University of Kansas

Interns began with orientations and introductions to the research and education projects they would be working on throughout the summer. They were paired with a mentor who would provide guidance over the 8 week program. A talk on Community Based Participatory Research principals is always a necessary training and took place the first week to gain an understanding of CAICH research with American Indians. The 2015 internship was divided into 2 blocks and included a week-long trip to the Cheyenne River Sioux Tribe reservation in Eagle Butte, South Dakota. Block one projects included the All Nations Snuff Out Smokeless (SOS) program, Interviews for Smoking Policy, and College and University Advisory Board. Interns analyzed focus group and interview data, incorporating suggestions from participants into the development of programs. They collected information and conducted interviews with tribal college administrators about their smoking and tobacco policies on campus for a future resource for tribal colleges who wish to go tobacco-free. Interns also facilitated our student advisory board via social media, connecting American Indian students through discussions in current health and social topics. Block 2 projects included Cultural Preservation and Current Events, Photography, and Suicide Prevention. Interns researched

and wrote summaries of current issues in health, law, culture, and environment occurring throughout Native America to be used in a cultural preservation library. They created culturally tailored stock images for CAICH and KUMC researchers to be used for program and educational materials by identifying and taking culturally relevant pictures in American Indian communities. Interns made invaluable contributions to the Suicide Prevention efforts of CAICH through research and presentations on bullying and healthy relationships with American Indian youth. There were also many opportunities for community engagement working on the Native 24/7 project, at screening clinics, and in community outreach roles.

Interns attended lectures, engaged in professional development workshops, receiving instruction and guidance from KUMC and JCCC faculty and staff in the academic disciplines of American Indian Studies, anthropology, law, medicine, public health, and statistics, as well as how to conduct

ethical academic research with Native communities, and develop scholarly presentations and posters. Interns were exposed to the cultural diversity of several tribal nations. They spent many days engaged with the communities AIHREA serves, the Prairie Band Potawatomi Nation, the Kickapoo Tribe in Kansas, and the Cheyenne River Sioux Tribe in South Dakota.



Interns Ashley Granville and Kassie James present to a group of youth at the Prairie Band Potawatomi Boys and Girls Club.



Summer interns and staff from AIHREA prepare for running a 3-on-3 basketball tournament on the Kickapoo Tribe reservation.

Interns Provide Community Service to Reservation Communities

The summer of 2015 marked the third year of community service and outreach to the Cheyenne River Sioux Tribe (CRST) in Eagle Butte, South Dakota. Interns and staff spent the week of June 21 - 26 providing health screenings, health education sessions, community service, and physical activity events in the CRST community and with the Title I Summer Recreation Program.

The 2015 interns played a huge role in the largest one day screening clinic ever conducted by CAICH, screening nearly 300 participants! Interns provided health education to youth attending the CRST Summer Rec Program, presenting on topics such as first aid and safety, nutrition, traditional foods and seeds, sex education and healthy relationships, bullying, and traditional artwork. AIHREA also awarded sweatshirts, t-shirts, and gift cards to winners in two 3 on 3 basketball tournaments held in Eagle Butte and LaPlant. Several interns and staff were able to experience Lakota culture in one of its purest forms by participating in a sweat lodge ceremony in the White Horse community of CRST. The Northern Lights were also very visible that night, adding to the special experience.

During the month of July, interns spent several days on the Prairie Band Potawatomi and Kickapoo Tribe in Kansas reservations. They helped with a screening clinic, gave presentations on bullying, sex education, and healthy relationships with Potawatomi and Kickapoo youth and teens. Interns had a lengthy discussion with the Prairie Band Potawatomi Health Center director and other administrative, clinical, and social service staff about the health services provided to this community. They also spent time meeting with the members of the Prairie Band Potawatomi Tribal Council.

The internship concluded with poster presentations where they shared their summer experience and work completed on research and service projects over the 8-week program. Interns and staff gathered for a farewell cookout and friendly competitions on the last day to celebrate the end of a great summer internship.

We're already getting ready for the 2016 summer internship! The deadline for applications is April 1, 2016.



AIHREA interns and staff provide health screenings at Tiospaye Topa school in LaPlant, South Dakota.



Interns (R-L) Robert Vuchetich, Lauren King, Rachel Bazille, and Ashley Granville after assisting with building a tipi at the Cheyenne River Sioux Office of Cultural Preservation.



Intern Ashley Granville leads a discussion of bullying with youth at the Prairie Band Potawatomi Boys and Girls Club with assistance from AIHERA member Julia Soap and intern Rachel Bazille.

Suicide Prevention Video Contest!

One of the ideas our 2015 summer interns had was to sponsor a few art contests for American Indian youth focusing on suicide prevention and awareness. The contests include three themes: #NDNReasonsToLive, Our Futures Are Sacred, and Reach Out and Speak Up. For the first contest, participants will create 15-30 second videos focusing on one of the three themes. These videos should be submitted by Monday, November 2, 2015, and a winner will be announced on the following Monday, November 9, 2015. The second contest will take place at our annual Our Futures Are Sacred Community Research Forum and Pow Wow. Contestants will enter original pieces of two-dimensional artwork at the pow wow where it will be judged and a winner announced that day. For additional information see our website: www.aihrea.org.



Would you like to participate in our service programs?

Healthy Homes: Would you like to know if there is anything in your home that can harm you? As a service to the Native community, we provide FREE Healthy Homes inspections. We will send our trained staff to your home to show you things that may be harmful and what you can do to correct any problems. If we find major problems, we can help you get into programs that will correct the problems at low or no cost.

If you are interested, please contact Joe Pacheco at jpacheco@kumc.edu or 913-945-7813.

Traveling Screening Clinic: Would you like us to provide health screenings or tests at your event? Since 2007, we have provided thousands of free tests for several highly preventable or treatable conditions. We travel to events at your invitation and we offer a range of health screenings specifically designed to address the health needs of the American Indian community. Some of the tests we provide include diabetes screenings (blood sugar and Hemoglobin A1C), foot checks for diabetics, fitness assessments (body mass index, body composition, etc.), heart health assessments (cholesterol, blood pressure, etc.), lung health, child and young adult physicals, screening for Alzheimer's Disease, and more! We also bring physicians with us to answer any questions you may have. We are always looking for new screenings to offer. Suggestions are very welcome! To schedule a screening event, please contact Jason Hale at jhale@kumc.edu or 913-945-7822.



To partner and collaborate with American Indian peoples, nations, communities, and organizations to improve the physical, mental, emotional, and spiritual well-being of American Indians throughout the U.S. through quality participatory research and educational programs.

Please check our website for Upcoming Events: www.aihrea.org