



NATIONAL COUNCIL of
URBAN INDIAN HEALTH

COMMUNITY OF LEARNING

STRENGTHENING WELLNESS IN INDIGENOUS COMMUNITIES USING THE MEDICINE WHEEL

Integrated Healthcare Through an Indigenous Approach

Oct. 26 | 2-3 p.m. EDT



ncuih.org/events



ncuih.org



NCUIH

NATIONAL COUNCIL of URBAN INDIAN HEALTH

The National Council of Urban Indian Health (NCUIH) is the national non-profit organization devoted to the support and development of quality, accessible, and culturally-competent health and public health services for American Indians and Alaska Natives (AI/ANs) living in urban areas.

NCUIH is the only national representative of the 41 Title V Urban Indian Organizations (UIOs) under the Indian Health Service (IHS) in the Indian Health Care Improvement Act (IHCIA). NCUIH strives to improve the health of the over 70% of the AI/AN population that lives in urban areas, supported by quality health care centers.



Disclaimer

This event is made possible by the Indian Health Services
Award H723IHS0006-03-00
FAIN # H723IHS0006
Federal Award Date: 12/01/2022

This event is solely the responsibility of the National Council of Urban Indian Health and does not necessarily represent the views of Indian Health services or the Department of Health and Human Services.



Audio and Visual Recording

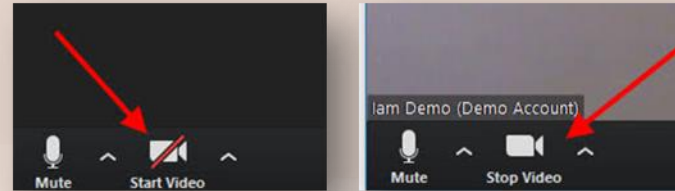
Please note that this session will be recorded for educational and quality improvement purposes.



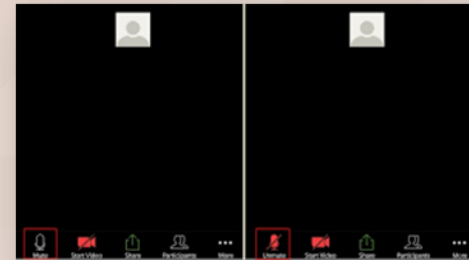


Housekeeping

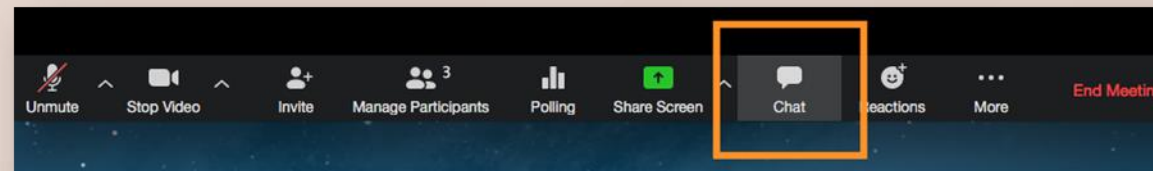
- Please, Turn on Video



- Please Mute Your Microphone When Not Speaking



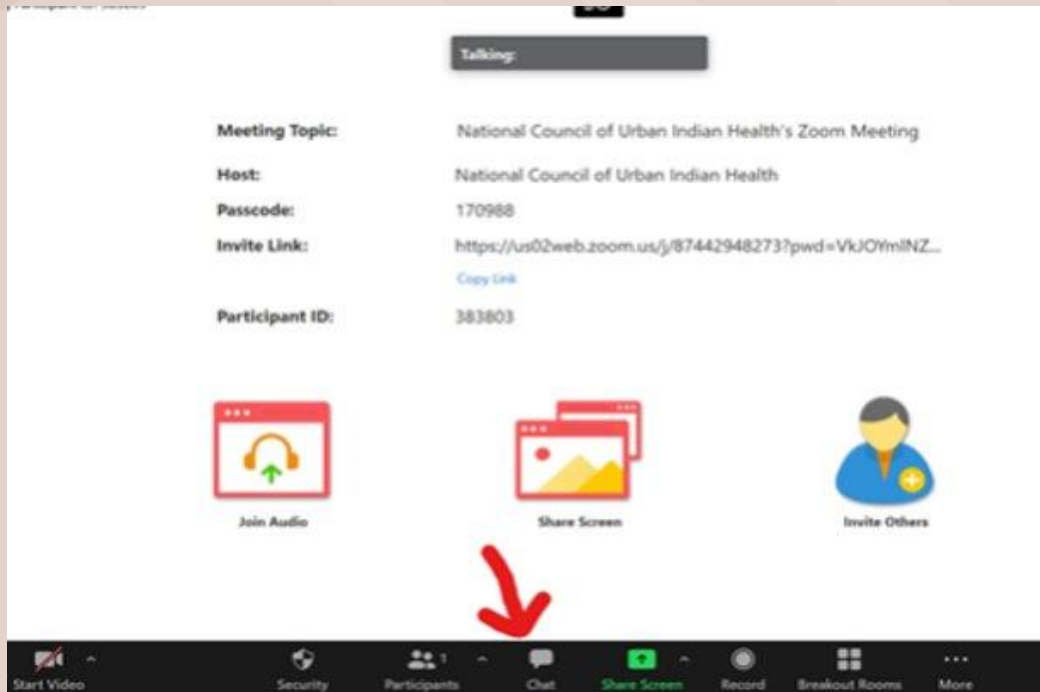
- Please Enter Your Name and Organization in the Chat Box



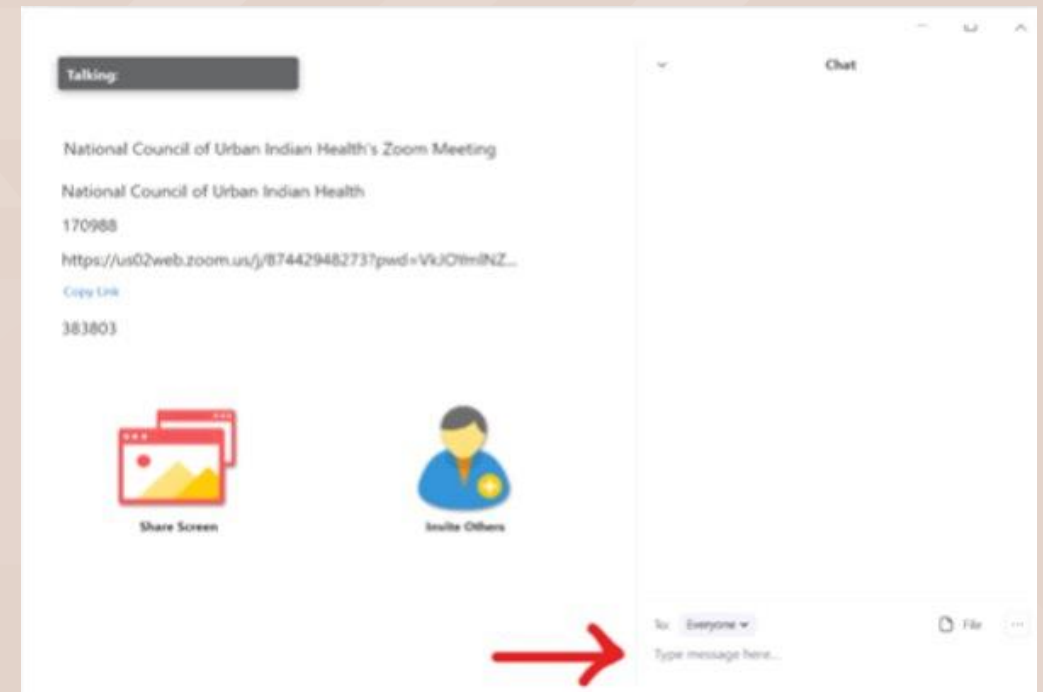


ASK A QUESTION OR COMMENT

First, select “Chat” at the bottom of your ZOOM screen



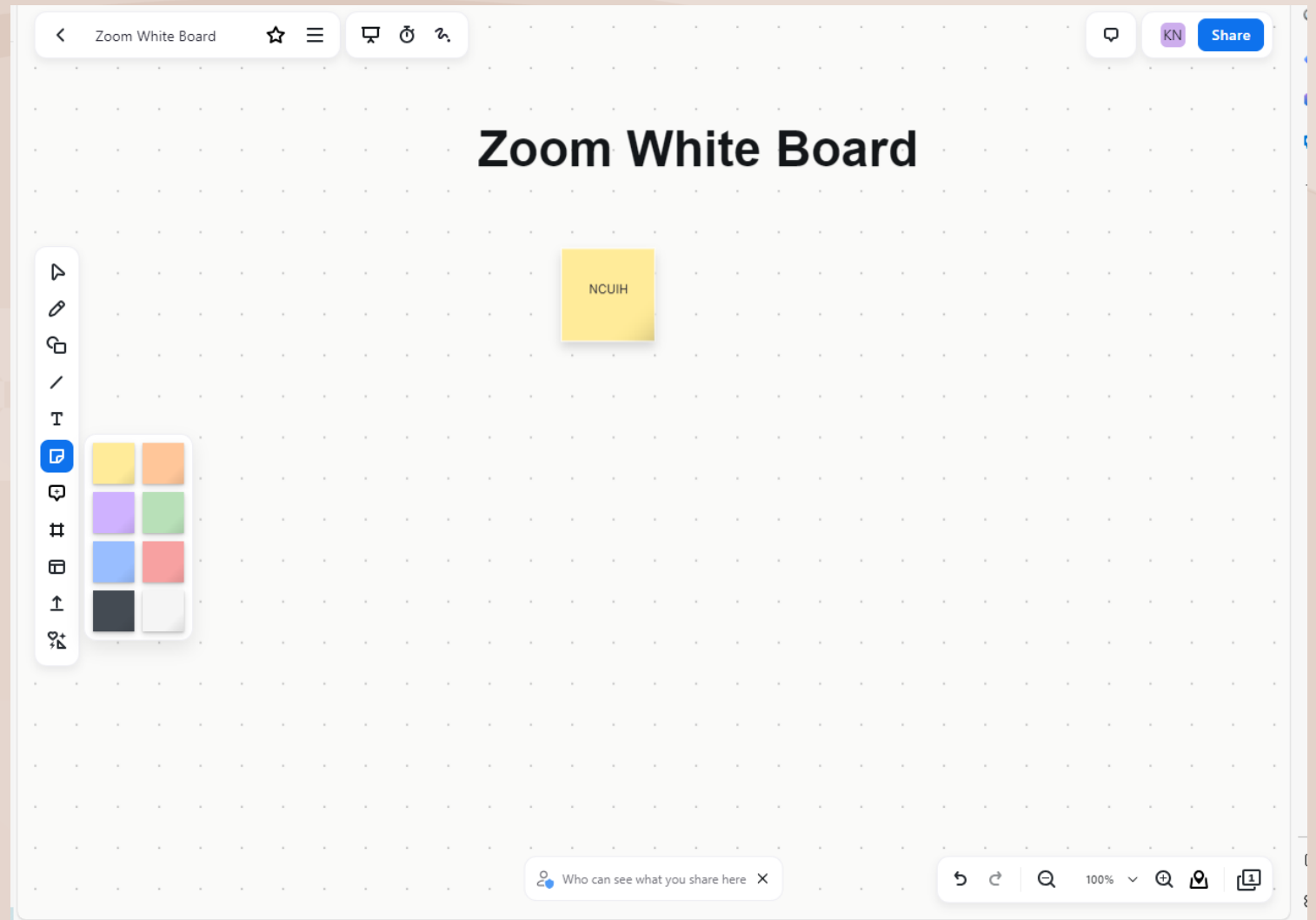
Then type your question or comment into the chat box that will appear on the right





Zoom White Board How To

**Select the Sticky
note option on the
left-hand side of
your screen and
type**





Welcome Denver Indian Health and Family Services

Daryle Conquering Bear,
Oglala Lakota Sioux Native
Wellness Coordinator



Rosie Small Dine, M.A.,
LPCC, LAC,
MAC Behavioral Health
Therapist



Sarah Maestas, CPT
Director of Health and
Wellness





Integrated Healthcare Through an Indigenous Approach

Denver Indian Health and Family Services



About us

Vision Statement:

We envision health and wellness for all our relations in the Denver area with access to health care grounded in indigenous culture and excellence.

Mission Statement:

To provide culturally competent services that promote quality of health for American Indian and Alaskan Native families and individuals in the Denver area

Values Statement: Denver Indian Health and Family Services is anchored by the values of:

Trust: We are transparent and deliver our services with integrity.

Respect: Our care is compassionate and honors our relatives.

Culture: We value traditional indigenous ways and recognize their importance to health and wellbeing.

Community-driven: Our services are inclusive and respond to the needs of our community.



DIHFS MISSION

To provide culturally competent services that promote quality of health for American Indian and Alaskan Native families and individuals in the Denver area.

DIHFS Values

We envision health and wellness for all our relations in the Denver area with access to health care grounded in indigenous culture and excellence.



Objectives

- 1. Gain a basic understanding of the Indigenous medicine wheel
- 2. Understand the importance of culturally relevant design for building trust and inclusivity in Integrated health care design for adults and elders
- 3. Learn promising practices for embracing inclusive principles in integrated health care design



An aerial photograph of a medicine wheel, a circular stone structure used in Indigenous North American religions. The wheel is built from dark, angular stones and is situated on a rocky, sparsely vegetated hillside. The surrounding terrain is covered with small, light-colored rocks and patches of dry, brownish vegetation. The lighting is bright, casting shadows that emphasize the texture of the ground and the structure of the wheel.

MEDICINE WHEEL TEACHINGS



How do we as a clinic reflect A Medicine Wheel



The Struggle

IS
Real



Health

Health Disparities

Lifestyle

Reservation
Urban Life

Trauma

Abuse
Physical, Mental,
Spiritual and Emotional

Historical

Identity

Loss of spirituality

Loss of Identity

LGBTQ+

MMIW

Grief and Loss

Boarding school

Experienced

Loss of family



Indigenous Approach to self-care

- Utilize the Wellness Wheel-
- Based off the medicine wheel
- Used across multiple departments, especially behavioral health



Sobriety/Recovery

Physical

Spiritual

Long term effects to certain organs:
liver, heart, kidneys, memory

Gaining or loosing weight

Toxin Free
Healthy and clean hygiene
Exercising
Health is a priority

Praying
Smudging
Wellbriety/
self help
Valuing Spirituality:
Spiritual or religion based
Using traditional medicine

Anger at higher power

Addiction mindset

Minimizing

Unhelpful thinking styles:

Catastrophizing

All or nothing

Problem solving skills: pros and cons, CBT model, assertive refusal skills

Changing the way we think

Financial stability: spending on better things

Revisit and reassess values

Happier

Less Stressed

Having connections with friends

Support systems

Less anxious

Less depressed

Emotions are all over the place

Hypo arousal, hyper arousal

Sadness

Dishonesty

Unaccountable

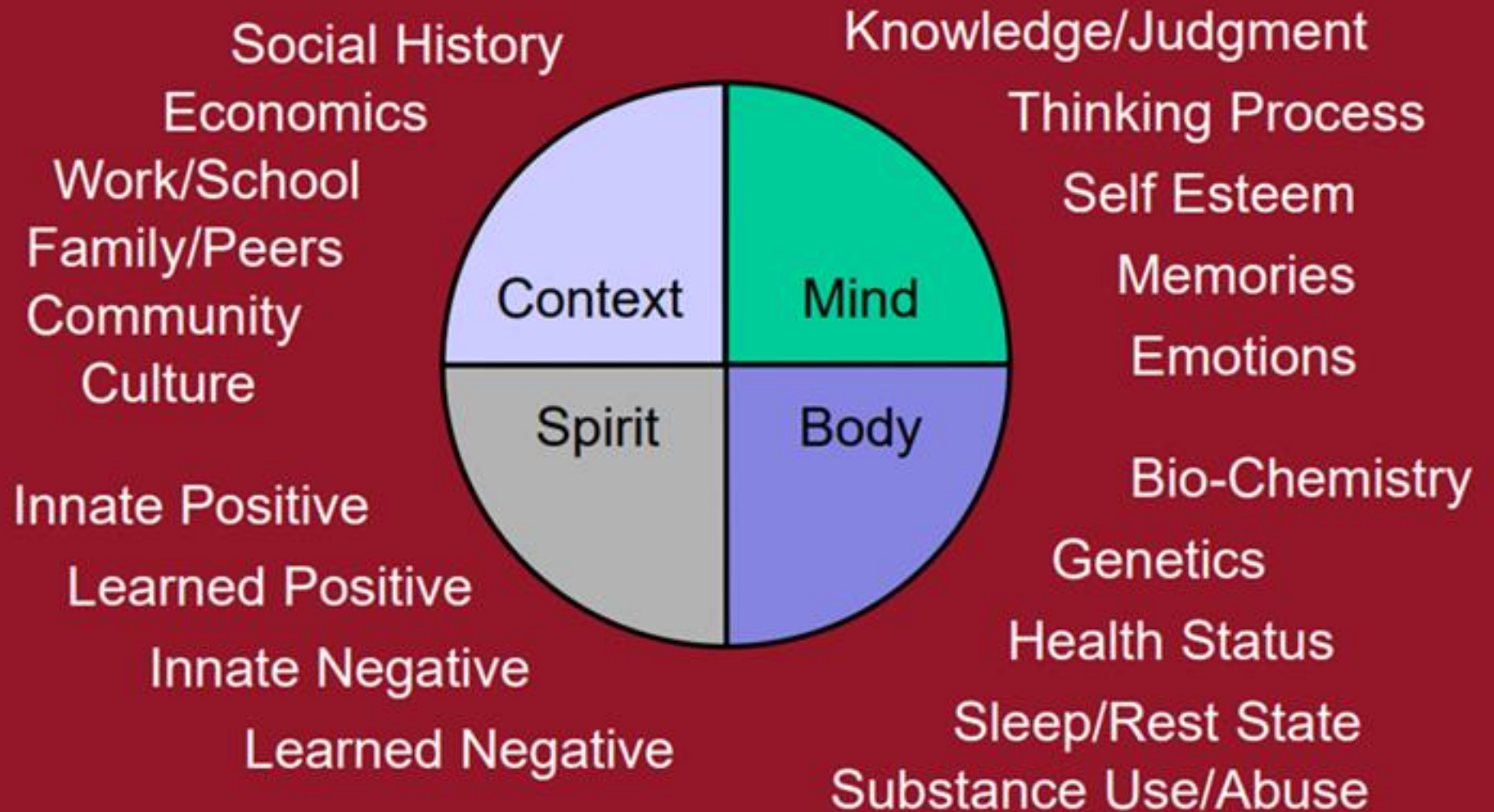
Mental

Emotional



Relational Worldview

Individual and Family Level



HEALTH &
WELLNESS
PROGRAM
Spirit Within Project

BEHAVIOR
HEALTH
PROGRAM
Native Connections



HOW TO SMUDGE

Workshop

We believe that culture is medicine.

The Spirit Within Project and our Behavioral Health team will be hosting a "How to Smudge" workshop. Supplies provided. Space is limited, sign up soon!



MAY 30TH
5:45pm



Location: 2880 West Holden Place Denver, CO 80204

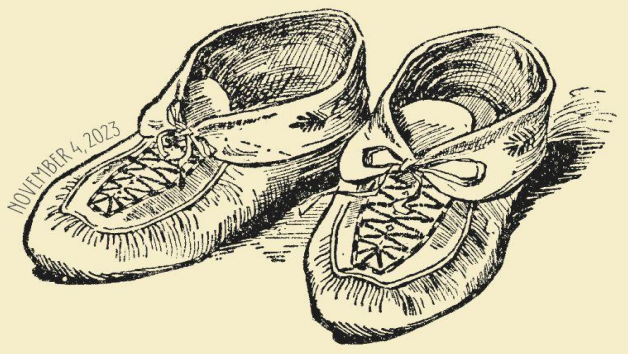
REGISTER BY CALLING WELLNESS: 720-591-0442

HEALTH &
WELLNESS
PROGRAM
Spirit Within Project

NATIVE AMERICAN HERITAGE MONTH

ROCK YOUR MOCS

5K RUN & 1 MILE WALK



NOVEMBER 4TH 9:00AM

CALL 720-591-0442 TO REGISTER



SLOANS LAKE PARK

AFTER PARTY WITH SNACKS AND WATER



Your Body is Medicine

Cognitive Behavioral-
Mindfulness Skills Based
Group



Details:

- In person at 2880 West Holden Place
Denver, CO 80204
- Co-ed
- Open to ages 18-99

Questions?
Please call the DIHFS
Behavioral Health Line
at 720-612-7134

Wednesdays
5:45 pm to 7:15 pm

6 sessions-
March 29th to
May 10th, 2023

"RETURNING TO THE CIRCLE" GROUP

WEDNESDAYS 4:00 PM- 5:30 PM

ABOUT US

Learn culturally based principles, values and teachings to support healing from alcohol, substance abuse, co-occurring disorders, and intergenerational trauma

- TOPICS AND SKILLS
- STRATEGIES OF CHANGE
- SYMPTOMS OF RECOVERY, DEPRESSION AND ANXIETY, DUAL DIAGNOSIS
- MANAGEMENT OF HIGH-RISK SITUATIONS
- STRESS AND ANGER MANAGEMENT TECHNIQUES
- UNHELPFUL THOUGHTS IDENTIFICATION

CONTACT US

720-612-7134

RSMALL@DIHFS.ORG

[HTTPS://WWW.DIHFS.ORG](https://www.dihfs.org)

ONLINE GROUPS VIA TEAMS,
UNTIL FURTHER NOTICE.



10 INDIGENOUS WAYS TO GET MOVING AT HOME



Pow Wow Sweat



Plant a 3
sisters garden



Play Stick ball-Lacrosse



Hidatsa Game:
Spear the Rolling



Do Pow Wow
yoga (yoga with
pow wow music)



Run/Jog/walk
East at dawn



Play a few rounds of
buffalo/coyote game



Get outside to harvest
Sage, Cedar, or Sweet
Grass



Round Dance



Count in your tribal
language while
counting your exercise
repetitions

A River Runs Through Us

90-Day Journal
for Wellness



Indian Health Service
Division of Diabetes Treatment and Prevention

♦♦♦♦

POW WOW SWEAT

FROM THE STYLE HORSE
COLLECTIVE



SCAN THE QR CODES FOR MORE INFO

WHAT IS POWWOW SWEAT?



WARM UP

TRADITIONAL DANCE



MY NATIVE PLATE

Fruit



Water

Use your plate as a guide to help you eat in a healthy way!

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

Pictured here:

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!



Produced by:

Indian Health Service, Division of Diabetes Treatment and Prevention.
07/2018



Vegetables

**Grain/
Starch**

Protein

Remember:



Stay active



Drink water



Use a 9-inch plate

Notes:



Building Trust





Indigenous Coping Skills

20 INDIGENOUS COPING SKILLS



Be tidy.
Keep your things in order.

Just say "No".
Learn how to say no to things you don't really want or need to do.

Set small, doable goals.
Divide large goals into smaller goals.

Give yourself a pep talk. Say something calming, like:
"There's no rush. I

Do yoga, stretch, or other physical activities. Attend a sweat, participate in a ceremonial dance

Know yourself. Know what situations make you feel stressed. Plan how to cope with them.

Make time to do something you enjoy. Go for a walk with a friend, read a book, or watch a video. Whatever makes you happy.

Solve problems. When you have a problem, try to solve it promptly. That way, it won't become

Do something that brings you joy. Go out dancing, do bead work, sew, sing, read a book, do a puzzle, spend time with calming friends, an elder, or family.

Use traditional practices such as smudging, prayer, pick sage, cedar, or sweet grass, make tobacco ties

Learn about your family history, your tribe's oral stories. Learn about hunting or fishing, regalia making. Bead jewelry, sew or do quillwork.

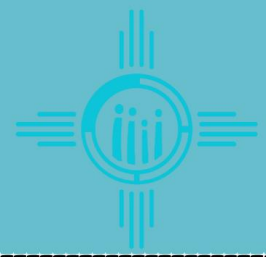
Take a breather. If you can, take a break from whatever is making you feel

Ask for help. Feel free to ask your friends and family for help. They care about you and want the best for you. And you can help them another time.

Journal Regularly. Write down thoughts, feelings, memories, or tasks. Remind yourself of tasks using notes, calendars or timers.

Soothe yourself. Get a massage, take a hot bath, have a cup of traditional tea, or put on calming music.

Talk about your feelings. Meet with a therapist, counselor, trusted friend or



Nutrition **Fitness** **Community** **Culture**

Program Highlights

- Family Centered Diabetes Self Management Education Classes
- Culture Classes to promote healthy lifestyle practices
- One on one Personal Training
- Registered Dietitian Visits



**HEALTH &
WELLNESS
PROGRAM**
Spirit Within Project

Contact:
DIHFS.org/SWP
303-953-6615



Promising Practices

Listen

Listen to the community
Implement what they
deem as their needs into
your practices

Share

Share ideas. We do not always have to
reinvent the wheel. Share with your
community, share with other Urban
organizations

Collaborate

How can we grow and learn from each
other. What has worked, what hasn't. What
are big lessons learned



Collaboration



Spirit Within Project X
DIHFS Pharmacy
SACRED MEDICINE

DENVER INDIAN HEALTH AND FAMILY SERVICES

SAGE

CEDAR

SWEET GRASS

TOBACCO



NATIONAL COUNCIL of
URBAN INDIAN HEALTH

Thank you

- Denver Indian Health and Family Services
- 303-953-6600
- www.dihf.org





Questions?



Survey



https://ncuih.qualtrics.com/jfe/form/SV_6LilX3yFRyYhx4y.



Upcoming NCUIH Events

- **November 1st: Integrated Healthcare Through an Indigenous Approach**
- **November 9th: Vaccine Equity Paths to Vaccine Equity**
- **November 15th: MMIP Consent Training**
- **November 30th: Behavioral Health COL Session #3: Culturally Responsive Care for Sexual Assault Survivors**



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