

# Sacred Life

Wiconi Wakan



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## APPLY NOW

The Great Plain Good Health and Wellness (GPGHW) Program is pleased to announce a funding opportunity aimed at reducing and preventing the occurrence of heart disease, stroke, obesity and type 2 diabetes among American Indians within the Great Plains region. This funding opportunity will be used to increase the number of tribes within the Great Plains area who implement evidence-informed and culturally-adapted policy, system, and environmental change or community-clinical linkages to; prevent obesity, prevent and control commercial tobacco use, support type 2 diabetes prevention and support heart disease and stroke prevention. It is anticipated that approximately four awards will be available for the 2019-2020 funding cycle. **APPLICATIONS ARE DUE DECEMBER 2, 2019.** Please direct any questions to Program Manager Jennifer Williams at [jennifer.williams@gptchb.org](mailto:jennifer.williams@gptchb.org)

## New 5 Year Funding Opportunity

Greetings,

The Great Plains Good Health and Wellness (GPGHW) Program is excited to announce its new 5 year funding opportunity through a Good Health and Wellness in Indian Country cooperative agreement from the National Center for Chronic Disease Prevention and Health Promotion at the Centers of Disease Control and Prevention (CDC). This new funding opportunity will focus on 4 primary health strategies that will be used to increase the number of tribes within the Great Plains area who implement evidence-informed and culturally-adapted policy, system and environmental (PSE) change or community-clinical linkages to; prevent obesity, prevent and control commercial tobacco use, support type 2 diabetes prevention and support heart disease and stroke prevention. We hope to keep our tribal partners of the Great Plains and surrounding areas updated on the wonderful work our partners will be doing with this quarterly newsletter.

In good health,

The GPGHW Program



# Meet the Team

NICHOLE COTTIER



SENIOR DIRECTOR OF GRANTS ADMINISTRATION

**N**ichole Cottier, Oglala Lakota, holds a Bachelor's Degree in Business Administration and has over 15 years of experience working with the Great Plains tribes in the public health and healthcare sectors. Since joining the Great Plains Tribal Chairmen's Health Board (GPTCHB) in 2011, she has administered fourteen Health Promotion and Disease Prevention programs that have provided funding, technical assistance, training and services to the Great Plains area tribes. Nichole currently serves as a Senior Director of Grants Administration and the Program Director for the Great Plains Good Health and Wellness Program. She is a certified Health Coach and a Cooper Trained Fitness Specialist. Nichole's greatest and most challenging role is being the mother of four young adults and a grandmother to one sassy toddler.

### Contact Info:

nichole.cottier@gptchb.org  
jennifer.williams@gptchb.org  
shannon.udy@gptchb.org  
m.lendshishorse@gptchb.org  
julie.nelson@gptchb.org

JENNIFER WILLIAMS



PROGRAM MANAGER

**J**ennifer holds a Bachelor of Science degree in Human Development and has been working in the public health sector for more than 10 years. She joined GPTCHB in 2013 and has had the opportunity to be a part of multiple programs and is currently the Program Manager for the Great Plains Good Health and Wellness Program. Jennifer is a Master Trainer for the Better Choices Better Health Chronic Disease Self-Management Program, and a Certified Health Coach. She is married with one daughter.

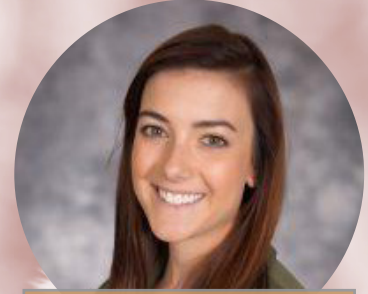
MADONNA DOLPHUS



HEALTH EDUCATOR

**M**adonna Dolphus, Otoe-Missouria Tribal member, has a Bachelor's Degree in Graphic Design and a minor in Business Administration. She has been doing freelance Graphic Design since 2015 and helps with bookkeeping for Lends His Horse Trucking business. Madonna was recently married in July 2018 and has two kids with one on the way!

SHANNON UDY



HEALTH EDUCATOR

**S**hannon received her Bachelor of Science degree in Physical Activity and Community Health from Eastern Oregon University. She has been in the Health Educator position for the Good Health and Wellness Program since October 2016. Shannon is a Dr. Sears Certified Health Coach and has worked closely with tribes to implement policy, system, and environmental changes as well as the CDC Diabetes Prevention Recognition Program.

JULIE NELSON



HEALTH EDUCATOR

**J**ulie Nelson, known to many as Jules, recently joined GPGHW and has spent the last 15 years working in education at the various levels. She has a BS in Physical Education/Health and a MS in Counseling. Julie keeps busy with four active boys and community, school and professional organizations outside of work. She looks forward to her role as a health educator for the 18 tribal communities in the Dakotas, Nebraska & Iowa.



# Partners in Evaluation Great Plains Tribal Epidemiology Center

The GPGHW Program has teamed up with Great Plains Tribal Epidemiology Center (GPTEC). GPTEC was founded in 2003 as a core component of the Great Plains Tribal Chairmen's Health Board (GPTCHB). GPTEC's mission is to provide leadership, technical assistance, support, and advocacy for the 18 tribal communities serviced by the Great Plains Area IHS in order to eliminate the disparities in health that currently exist for tribal peoples within the four-state region of South Dakota, North Dakota, Nebraska and Iowa.



Research



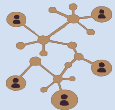
Evaluation



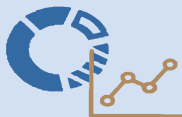
Public Health Workforce Development



Response to Infectious Disease & Emerging Priorities



Partnerships & Systems Connections



Data & Informatics



Advocacy & Informing Policy



Training & Technical Assistance

KENDRA FAST HORSE



GPTEC EVALUATOR

SARAH SHEWBROOKS



DATA PRODUCTS MANAGER

**F**ast Horse is a member of the Oglala Sioux Tribe and has a Bachelor's in Business Administration. She has experience leading large data collection efforts for health surveillance and monitoring, and currently serves as an Evaluator for GPTEC. Kendra will serve as the evaluation coordinator for the Great Plains Good Health and Wellness program.

**S**arah Shewbrooks joined GPTEC's Data Coordinating Unit in 2018 as the Data Products Manager. She has a Bachelor of Arts in Public Health from the University of Colorado-Denver, and a Master of Public Health from the College of Medicine and Veterinary Medicine at the University of Edinburgh. As the Data Products Manager, she will assist with the design and dissemination of evaluation related data products associated with the Great Plains Good Health and Wellness program.

## Our Evaluation Partner

ACET Inc. provides culturally tailored evaluation services and solutions to meet the needs of your program, community, and stakeholders.

ACET has extensive experience conducting high-quality evaluation with nonprofit organizations; foundations; schools, health-care facilities; business; and federal, state, tribal, county, and city agencies.



# ACET inc



## FEBRUARY 2020: AMERICAN HEART MONTH

According to the CDC, cardiovascular disease is the leading cause of death among American Indians/ Alaska Natives. With this statistic in mind, we encourage you to take action to promote heart health in your communities. A few resources below:

- Celebrate National Wear Red Day to raise awareness about women and heart disease. Encourage everyone in your community to wear red on February 7, 2020. Visit Go Red for Women for more information here.  
<https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>
- SD Dept of Health Heart Disease and Disease Prevention Program here.  
<https://doh.sd.gov/diseases/chronic/heartdisease/>
- Heart Disease Information from the CDC here  
<https://www.cdc.gov/heartdisease/>
- American Heart Month link from the CDC here  
[https://www.cdc.gov/heartdisease/american\\_heart\\_month.htm](https://www.cdc.gov/heartdisease/american_heart_month.htm)

## UPCOMING Funding

### Tribal Behavioral Health Grant Program – Youth Mental Health Applications due Tuesday, **December 10, 2019**

The Department of Health and Human Services (HHS) is offering funding through the Tribal Behavioral Health Grant Program for projects that seek to prevent suicide and substance misuse, reduce the impact of trauma, and promote mental health among American Indian/Alaska Native youth through age 24.

Read more at:

<https://www.samhsa.gov/grants/grant-announcements/sm-20-002>

### South Dakota Heart Disease and Stroke Prevention Program funding opportunity:

Implementing and Expanding Self-Measured Blood Pressure Monitoring in South Dakota.

**RFA Due Date:** Application review and award is ongoing until all funding has been awarded

### **Anticipated Award Amount:**

\$5,000 per facility (up to \$30,000 total) an estimated 6 facilities will be funded

Primary Contact: Rachel. Sehr@state.sd.us

For RFA and further information please visit:

<http://healthysd.gov/fundingopportunities/>



# UPCOMING Events

**11th Annual National Tribal Public Health Summit**  
March 17-19 2020

Chi Health Center, Omaha, NE:

The National Tribal Public Health Summit is a premiere Indian public health event that attracts over 500 Tribal public health professionals, elected leaders, advocates, researchers, and community-based service providers.

For more information please visit:

<https://web.cvent.com/event/fd4f40fe-ec8e-40bb-a425-88a2bde4a6a9/summary>

**Good Health and Wellness Program Community Health Webinar – 1:00PM MST- DEC. 11, 2019**



**Presented by:**  
Great Plains Maternal Child Health Department

...

**American Heart Month**

• February •

## Through With Chew & Great American Spitout

According to the CDC, adult smokeless tobacco use is highest in the states of Wyoming, West Virginia, Arkansas and Montana. \*In 2017, 6.1% of adults in South Dakota used smokeless tobacco. To this end, The Through With Chew Week campaign's objective is to educate people about the dangers of smokeless tobacco. The week lands on the 3rd full week in February (February 16-22, 2020).

\*CDC, Behavioral Risk Factor Surveillance System, State Tobacco Activities Tracking and Evaluation System, 2017



## UPCOMING EVENTS:

1. Dec. 2  
RFP Applicatons DUE (GPGHW)
2. Dec. 11  
"Breastfeeding is Good Medicine " Webinar (See above)
3. DEC. 18-21 LNI (Lakota Nation Invitational), Rapid City
4. Jan. 2020 Cervical Cancer Awareness Month  
1:00 PM- Jan. 8 2020 GPGHW Community Health Webinar
5. Jan. 31- Feb. 9  
Black Hills Stock Show & Rodeo, Rapid City
6. Feb. 16-22 Through With Chew Week  
• Feb. 20 Great American Spitout



## Nuka Healthcare Model Arrives in Rapid City

RAPID CITY –Installing a new and innovative approach to patient care is a difficult task that the Great Plains Tribal Chairmen's Health Board (GPTCHB) and the Oyate Health Center (OHC) are ready to take on.

Two weeks ago, more than fifty community members, staff, and direct service providers working at the Great Plains Tribal Chairmen's Health Board and Oyate Health Center took part in a redesigned version of the SouthCentral Foundation's Core Concepts training.

The introduction of this unique and progressive management model to the staff at the OHC and GPTCHB signifies the beginning of an era of sustained improvement in care for Native American people in Rapid City, according to Jerilyn Church, CEO of the GPTCHB.

The Nuka model is based upon the belief "that the relationship between the primary care team and the patient is the single most important tool in managing chronic disease, controlling health care costs, and improving the overall wellness of a population. Recognizing that individuals are ultimately in control of their own lifestyle choices and health care decisions, Nuka focuses on understanding each customer-owner's unique story, values, and influencers in an effort to engage them in their care and support long-term behavior change," says the Southcentral Foundation on its website.

All employees working under the Oyate Health Center and the Great Plains Tribal Chairmen's Health Board will attend this training by the end of 2020. So far, approximately 40% of those employed by these two entities have been introduced

to the Nuka model through the Core Connections training.

The first workshop took place in August and focused on leadership teams and administrators from both the OHC and the GPTCHB. This most recent training brought in those who provide direct service to our relatives.

The Southcentral Foundation's Nuka System of Care is recognized as one of the world's leading models of health care redesign and a recipient of the 2011 and 2017 Malcolm Baldrige National Quality Award –the nation's only presidential award for performance excellence and innovation.

Staff members who attended the training were quick to provide positive feedback about their experience.

"The Core Concepts Training provided by SCF taught me how to connect with people on an emotional level. I was brought up to leave your baggage at the door and pick it back up when you leave work, but this training showed me that you can be vulnerable with your co-workers and how to have healthy, productive conversations with them. It showed me areas of

my communication that I needed to improve on and gave me the tools and safe place to practice those skills, said Chad Ratigan, PRC Director for the Oyate Health Clinic. "I feel that I have grown leaps and bounds over the course of 3 days and I feel confident in the fact that I can utilize these tools moving forward. I am excited to utilize what I learned in the workplace and my personal life and I am grateful that GPTCHB sponsored this training for myself and our employees," he added.

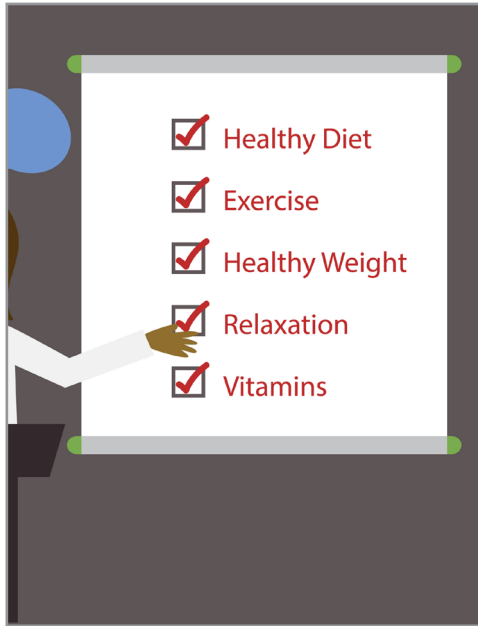
The introduction of the Nuka model was made possible by the decision of the Oglala Sioux Tribe and the Cheyenne River Sioux Tribe to take over management responsibilities of the Rapid City Service Unit from the federal government through the 638-contracting process.

This exercise of tribal sovereignty and self-determination is part of a trend where tribal-nations are taking control over mismanaged federal programs that were designed to provide services to Native American people.





# Colorectal Cancer Screening Initiative



The Great Plains Colorectal Cancer Screening Initiative provides support to increase the rates of colorectal cancer screening in tribal communities. In the United States, American Indian men and women residing in the Great Plains have the highest and second highest cancer incidence rate among all American Indian/Alaskan Native population groups. GPCCSI addresses colorectal cancer (CRC) screening through tribal partnerships, program coordination, evidence based interventions (EBI's) and community-clinical linkages. For more information visit the website at <https://health.gptchb.org/gpccsi/>

Great Plains Colorectal Cancer Screening Initiative

## Colorectal Cancer Risk Factors

Here are some risk factors for Colorectal Cancer

1. Obesity
2. Family History of Colorectal Cancer
3. Smoking commercial tobacco

Colorectal Cancer is Preventable, Treatable, and Beatable.

For more information call 1.800.745.3466



## Community Needs Assessment

QRE Survey



<https://www.surveymonkey.com/r/V6Z2ZQS>

The Great Plains Tribal Chairmen's Health Board and the Oyate Health Center are conducting a historic study, that will for the very first time in history, capture the healthcare needs and wants of the Rapid City Native American community. In late July, the GPTCHB assumed managerial responsibilities of the Rapid City Service Unit, on behalf of the Oglala Sioux Tribe and the Cheyenne River Sioux Tribe, through the 638-contracting process. The change has allowed for the introduction of a new approach to healthcare that requires the input of patients to help develop new policies and programs. The

Nuka model of care was first introduced in Alaska and has produced unprecedented results and has been proven to improve care for patients. To help integrate the Nuka model at the Rapid City Service Unit it is a must that the views of its patients be gathered. The 2019 Oyate Health Center Community Needs Assessment is a detailed survey that asks patients to articulate the treatments, chronic conditions, and programs they would like to see prioritized at the Oyate Health Center.



# E-CIGARETTES ARE NOT OUR TRADITION

**E-cigarettes - e-cigs - are battery-powered commercial tobacco products that deliver nicotine, flavorings and other harmful products in the form of an aerosol.**

## YOUTH AND E-CIGS

There is no scientific data to prove that e-cigs are less harmful than conventional cigarettes. Youth and young adults are more likely than any other age group to use e-cigs, with roughly 1.5 million more students using them in 2018 than in 2017.

E-cig manufacturers like JUUL use marketing strategies that intentionally target young audiences. Ads often appear across popular social media platforms, where youth frequently scroll past them while checking their feeds.

Using e-cigs puts young people at greater risk for long-term nicotine addiction and conventional commercial tobacco use.

## TYPES OF E-CIGS

Electronic nicotine delivery systems (ENDS) are commonly referred to as e-cigs, e-hookahs, mods, vape pens, vapes, tank systems, and JUUL's. E-cigs are available in many shapes and sizes, and can look similar to cigarettes, cigars, pipes, pens, or USB flash drives.

### Website

[https://www.americanindiancancer.org/wp-content/uploads/2019/07/103019\\_EcigInfographic\\_D18\\_WEB-01.png](https://www.americanindiancancer.org/wp-content/uploads/2019/07/103019_EcigInfographic_D18_WEB-01.png)

## ARE E-CIGARETTES SAFE?

The effects of long term use of e-cigs are unknown. However, e-cigs deliver high concentrations of nicotine, with one JUUL pod holding the same amount of nicotine as 20 conventional cigarettes. E-cigs have also caused unintended injury through fires, explosions and acute nicotine exposure. In addition, children and adults have been poisoned by swallowing, breathing or absorbing e-cig liquid through their skin or eyes.

- ▶ **Brain development effects**  
Nicotine exposure during adolescence impacts the parts of the brain that control attention, learning, mood, and impulse control
- ▶ **Fetal development**  
Nicotine is toxic to developing fetuses and impairs fetal brain and lung development
- ▶ **Potential for increases in conventional cigarette use**  
Youth who use e-cigs are more than 4 times as likely to begin smoking commercial cigarettes within 18 months compared to their peers who do not vape
- ▶ **Secondhand emissions**  
E-cig emissions are not just water vapor. These clouds can contain heavy metals, ultrafine particles, and cancer-causing agents - long term effects of secondhand exposure to e-cig aerosol are not well known
- ▶ **Lung Injury**  
E-cig use has been linked to severe lung injury that has led to hospitalizations and even death. Patients reported shortness of breath, chest pain, nausea, vomiting, abdominal pain, fever, chills, and weightloss. Please see a healthcare provider immediately if these symptoms develop with e-cig use.

## E-CIGARETTES AND CESSATION

E-cigs are not proven to be an effective form of commercial tobacco cessation. There are several other proven safe and effective strategies and medications currently available. If you or a loved one are ready to quit using commercial tobacco, talk with your healthcare provider about quitting using proven methods and FDA-approved treatments and counseling.

### ▶ FDA-approved cessation methods:

- Patches, gums and lozenges
- Medications: Zyban, Wellbutrin, Chantix
- Nasal spray & inhaler
- Counseling & behavioral therapies

## THINKING ABOUT QUITTING E-CIGARETTES?

Learn more about quitting e-cigs at **This Is Quitting** (<http://https://truthinitiative.org/thisisquitting>), a free, mobile program designed to help young people quit vaping. If you are a parent of a child who vapes, and are interested in learning more about this program, visit **BecomeAnEx** (<https://www.becomeanex.org/helping-a-child-quit-vaping>) for resources and advice to help your child quit.

