

Sacred Life

Wiconi Wakan



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Yoga at LaCrosse

GPTLHB Behavioral Health is offering yoga at our LaCrosse location at 5pm on Mondays and Wednesdays. This event is free and all necessary supplies are provided. Everyone is welcome.

We hope to see you there!

Contact Sarah Beare for more info:
sarah.beare@gptchb.org - 605.718-5095

725 North LaCrosse Street
Rapid City, SD 57701

The Great Plains Good Health and Wellness (GPGHW)

Anpétu Wašté,

The Great Plains Good Health and Wellness Program is beginning its third year! As the program and its partners look ahead to another year we are excited to welcome new staff, plan new activities, and continue our efforts to reduce health disparities through the implementation of culturally relevant policy, system, and environmental (PSE) strategies and community-clinical linkages in the Great Plains area. We hope this issue of the Sacred Life Newsletter provides helpful insight and healthy tips to head into the holiday season. We look forward to a new year!

In good health,

The Good Health and Wellness Program



CONNECTING NORTH DAKOTA TO COMMUNITY PROGRAMS

Maintaining personal health and well-being during the COVID-19 pandemic has been a challenge for many individuals. Developed in 2019, the North Dakota Community Clinical Collaborative (NDC3) is helping communities across North Dakota create a culture of health, where prevention and wellness are the norm. NDC3 programs provide education, fitness instruction, and self-care strategies for participants; they do not replace clinical care provided by doctors, nurses, and other medical professionals. NDC3 also provides the ability for caregivers and health care providers to refer loved ones or patients to appropriate programs. Through partnerships across the state, NDC3 provides evidence-based health management activities that promote health and prevent disease among adults with chronic health conditions. NDC3 programs have been developed using rigorous research and demonstrate reliable and consistently positive changes in health-related outcomes among participants. Classes facilitated by NDC3 include:

Diabetes Prevention and Management

There is no cure for diabetes, however knowledge and self-management skills can improve decision-making and overall quality of life. Among those with prediabetes, lifestyle changes can prevent or reduce type 2 diabetes. The NDC3 supports two diabetes prevention and management programs.

National Diabetes Prevention Program

Participants in the National Diabetes Prevention Program (National DPP) work with a trained lifestyle coach and join other participants to learn the skills needed to make realistic and lasting changes. The National DPP is a year-long program. Weekly meetings are held for the first four months and then one or two times a month for the remainder of the year. The program aims to help participants learn how to make healthier food choices, increase weekly activity levels, manage stress, stay motivated, and problem solve. National DPP is for those who meet one or more of the following criteria:

- Are over the age of 18 and overweight
- Get little to no physical activity most days
- Have a history of high blood pressure, or gestational diabetes, or a parent or sibling with diabetes

For more information about programs facilitated by NDC3, visit the website at <https://ndc3.org/>

Better Choices, Better Health: Diabetes

Chronic health challenges can keep individuals from doing the things in life they love. This six-week workshop is designed to help people living with type 2 diabetes or prediabetes, or their caregivers, learn strategies for living well and managing their disease. In this program, participants will cover topics including: techniques to deal with the symptoms of diabetes, including fatigue, pain, stress, depression, anger, fear, and frustration; appropriate exercises for maintaining and improving strength and endurance; making plans for healthy eating; managing hyper/hypoglycemia; using medication appropriately; and working with health care providers.

Falls Prevention

Aging is inevitable; falling is not. NDC3 delivers evidence-based classes that have been proven to help older adults learn low-impact exercises to improve balance and strategies to increase confidence and reduce fall risk. The NDC3 supports two fall prevention programs.

Stepping On

Stepping On is designed specifically for people who are (1) at risk of falling, (2) have a fear of falling, or (3) who have fallen one or more times.

- Over seven weeks, participants meet weekly and are provided information and tips to reduce falls and increase self-confidence in situations where they are at risk of falling.
- Classes cover a range of topics, including falls and fall risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and how to initiate a medication review.

Tai Ji Quan: Moving for Better Balance

This 12-week program helps older adults improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment, and coordinated Tai Ji movements.

Chronic Pain and Disease Management

A growing number of people are living longer with chronic pain or multiple chronic conditions. Research has shown that people with chronic conditions can learn to manage their illness and improve health outcomes. NDC3 offers several evidence-based classes to improve functional abilities and deal more effectively with symptoms. The NDC3 supports two chronic pain and disease management programs.

Better Choices, Better Health: Chronic Conditions This six-week program is designed to help participants cope with and manage chronic conditions. Topics include techniques to deal with frustration, fatigue, pain, and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; using medications correctly; communicating effectively with family, friends, and health professionals; maximizing nutrition; and evaluating new treatments. People with chronic conditions and their caregivers can participate in this program.

Better Choices, Better Health: Chronic Pain

This six-week program provides strategies for people who have a diagnosis of chronic pain. Topics include dealing with frustration, fatigue, isolation, and poor sleep; incorporating exercise to maintain and improve strength; using medications correctly; communicating effectively with family, friends, and health professionals; maximizing nutrition; pacing activity and rest; and evaluating new treatments. People with chronic pain and their caregivers can participate in this program.

Powerful Tools for Caregivers

Powerful Tools for Caregivers is an evidence-based, self-care education program developed for individuals who provide care to a family member (a child with special needs or an adult with a chronic condition). This six-week series of classes focus on self-care. Topics of education include reducing stress, managing emotions, increasing self-confidence, and accessing available community resources.

**We're looking for people that
have given birth during
COVID to fill out our survey!**



Take the Survey

mqigroup.org/childbirthsurvey



For questions, please contact Samia Saeb
at samia.saeb@cshs.org.

NDC3 UPCOMING EVENTS

BCBH: Diabetes 11.01.2021 (Online)

BCBH: Chronic Conditions 11.02.2021 (In-Person, Fargo)

The National DPP 11.02.2021 (In-Person, Grand Forks)

The National DPP 11.04.2021 (Online)

BCBH: Chronic Pain 11.16.2021 (Online)

Powerful Tools for Caregivers 12.01.2021 (Online)

Great Plains Good Health and Wellness Program Begins New Year

The Great Plains Good Health and Wellness (GPGHW) Program has recently funded over \$500,000 to tribal entities in the Great Plains area. Funded by the Centers for Disease Control and Prevention (CDC) Good Health and Wellness in Indian Country (GHWIC) Initiative, the objective of the Good Health and Wellness Program is to reduce Great Plains Area AI/AN health disparities through the implementation of culturally relevant policy, system, and environmental (PSE) strategies and community-clinical linkages (CCL). First established in 2014, the Great Plains Good Health and Wellness program, has used evidence-informed, culturally rooted health promotion and disease prevention initiatives to help Great Plains area tribes combat high rates of obesity, commercial tobacco use, diabetes, heart disease, and stroke. In 2019, GPGHW wrote for and was awarded the GHWIC (DP19-1903) cooperative agreement for a 5 year program. This initiative aims to facilitate a culturally driven, evidence-based, holistic approach to health promotion and chronic disease prevention. The GPGHW Program is currently beginning its third year of this initiative and is pleased to announce our Year 3 partners:

Missouri Breaks Industries Research Inc. (Cheyenne River Sioux Tribe)

Missouri Breaks Industries Research Inc. focus areas include implementing evidence-informed and culturally-adapted policy, system, and environmental (PSE) changes to prevent and control commercial tobacco use and promote healthy eating and active lifestyles.

Spirit Lake Nation SDPI Program Sacred Life Center

The Spirit Lake Nation, Sacred Life Center's focus areas include reducing the prevalence of type 2 diabetes, heart disease and stroke through identifying at-risk youth and providing an after-school program that offers lifestyle skills and education on healthy eating habits, physical activity, gardening and cooking, and chronic disease management.

Oyate Teca Project Oglala Sioux Tribe

The Oyate Teca Project focuses its projects on increasing the access to healthy foods to the communities within the Pine Ridge Indian Reservation through the Medicine Root Gardening Program. The program will include gardening education, food preservation classes, and extending the growing season with hoop houses and cooler installations.

Santee Sioux Tribe Health and Wellness Center

The Santee Health and Wellness Center will utilize and expand the Mobile Prevention & Screening Team to take a multi-level approach in providing health screenings and education efforts to reduce the incidence of obesity and promote physical activity and nutrition education.

Sisseton Wahpeton Oyate Health and Fitness Center

The SWO Health and Fitness Center will focus on implementing community-clinical linkages to provide a family-based approach to reducing the rates of type 2 diabetes. Establishing representatives from community and clinical programs to weekly education program for families at risk.

Winnebago Comprehensive Healthcare System

WCHS will implement evidence-formed and culturally-adapted community-clinical linkages to support type 2 diabetes prevention by expanding the engagement of Community Health Representatives (CHRs) and other health para-professionals to become effective members of chronic disease prevention/ management teams within their local health care systems.

Welcome New Staff Member Andrea McCauley

The Great Plains Good Health and Wellness Team

welcomes Andrea McCauley as a Health Educator. In her role as Health Educator Andrea will work closely with tribal health departments, grassroots community coalitions, Indian Health Service, and a network of professionals to assure best practices of chronic disease prevention education and health promotion are being integrated to elevate the health status of the Great Plains tribal communities. Andrea began her role with the program in the beginning of November and is already fast at work to assist our partners and communities.



"My name is Andrea McCauley and I am an enrolled member of the Crow Creek Sioux Tribe. I currently reside in Rapid City, South Dakota with my husband and our two children: MaTayah (11) and Jayden (4). I enjoy cooking, traveling, spending time with family, and cheering on my kids at their volleyball and basketball games. I am looking forward to meeting and working with each of you!"

CANLI INITIATIVE TO EMPOWER SOUTH DAKOTA TRIBES

The South Dakota Department of Health Tobacco Control Program (SDTCP) and Missouri Breaks Industries Research, Inc. (MBIRI) have collaborated to offer a new opportunity. Together, they hope to combat commercial tobacco use and reclaim traditional tobacco practices in American Indian populations in South Dakota. This initiative was developed due to the 42.3% of American Indian adults that currently smoke in SD, which is more than double the rate for all races (19.3%).

A majority of South Dakotans are protected from secondhand smoke due to the state smoke-free air laws in all indoor public places. However, residents living on sovereign tribal nations may still be exposed to secondhand and thirdhand smoke in public places since South Dakota laws do not apply.

With this initiative, Rae O'Leary and Corrine Huber, from the Canli Coalition of CRST, and Kacee Redden and Tynell Millner, from SDTCP, envision improved health equity efforts. Using the Canli Coalition's framework in the South Dakota Tribal Tobacco Advocacy Toolkit (www.findyourpowersd.org/toolkit) this team will support tribal tobacco partners in SD.

Two Mini Grant opportunities of \$5,000 each were available to fund tribal tobacco events and activities. The awarded grantees were notified on November 15th, 2021. Three Mini Grant opportunities will be available for applications again in May 2022; further communication will be provided at a later time. The SDTCP and MBIRI are excited for the partnership to increase health equity and decrease commercial tobacco use in American Indian populations in South Dakota.

STAYING HEALTHY AND ACTIVE DURING THE HOLIDAYS

Eat with a Purpose:

Allow yourself to snack throughout the day and eat in smaller portions. If you are unable to, be selective in choosing the most appetizing and nutritious options. Be sure to take at least a 10-minute break after eating your first serving and allow your stomach time to signal to your brain that it has reached a desired level of fullness. This will allow you to realize you have had enough or that you only need a very minimal second helping.

Hydration is Key:

During the holidays it is far too easy to consume food and drinks that are high in sodium and sugar. However, the consumption of water is invaluable, as water accounts for 60% of our body's total weight. With this in mind, we must remain hydrated to keep this ratio in balance. It is important to keep drinks with high levels of sugar or a high-caloric content at a minimum.

Boost Your Immune System:

To give your immune system the ultimate boost, opt for colorful fruits and vegetables. These are full of vitamins and nutrients. Try incorporating seeds and nuts. They serve as a great option for fighting off illness via minerals like zinc and selenium. Shockingly, lack of sleep can also have a negative impact on the immune system; be sure to get adequate rest!

Don't Sweat It:

Holidays tend to be the busiest time of year, which makes it far more difficult to find time to be active. Look ahead and plan out how you can be active within the commitments you have already made. If you are not able to complete an entire workout, find ways to stay active while visiting family. Maybe consider inviting them to join you and make the activity fun. YouTube is a great hub for free in-home exercises. Remember to be flexible and get creative.

Monthly Awareness Walks

Please join us on the 1st Tuesday of each month at 12PM for a walk to bring awareness and reduce stigma in our community!

- November 9th:** Trauma Survivor Awareness
- December 7th:** Mental Health Awareness
- January 4th:** Human Trafficking Awareness
- February 1st:** Love Heals - Mental Health Matters
- March 1st:** Brain Injury Awareness
- April 5th:** Autism Awareness
- May 3rd:** Mental Health Awareness



Location:
Oyate Behavioral Health
725 N Lacrosse St, Rapid City, SD 57701
605-718-5095



Upcoming Events & Opportunities

2022 FARM TO GRANT PROGRAM REQUEST FOR APPLICATIONS

Solicitation opened October 22nd, 2021 and closes at 11:59pm ET on January 10th, 2022

Eligible schools, institutions operating the Child and Adult Care Food Program and Summer Food Service Program, State and local agencies, Indian Tribal Organizations, small- to medium-sized agricultural producers, and non-profit organizations are eligible for Farm to School grants. Priority scoring incentives return for applicants who meet certain criteria, including new priority consideration for organizations led by Black, Indigenous, and People of Color (BIPOC) and serving BIPOC communities, and organizations located in and serving rural areas. Please see the RFA for full details.

The RFA includes three tracks--Implementation, State Agency, and Turnkey. Each track provides funding for a specific range of activities:

- **The Implementation Track works well for eligible entities with prior farm to school experience, helping scale up or further develop existing farm to school initiatives.**
- **The State Agency Track helps States seeking to improve access to local food served in eligible CNPs by incorporating local procurement and agricultural education activities.**
- **The Turnkey Track simplifies the application process for applicants interested in choosing from four projects: (1) Action Planning, (2) Agricultural Education Curriculum, (3) Edible Garden, and (4) Producer Focused Training. Specific eligibility varies by track and project type.**

The RFA can be accessed [here](#).

Good and Healthy South Dakota and the South Dakota Department of Health present: Learning Collaborative Webinar Series

Adapting to a changing public health and healthcare environment: Evidence-based decision making to inform disease prevention and control

Assessing and Finding Evidence July 20, 2021
Learn how to assess and find reliable and valid evidence to guide evidence-based decision-making in public health practice. 1:00pm - 2:00pm



Timmi Johnson, USD

Adapt Interventions to Fit Your Population September 21, 2021
Learn about intervention guidelines, field examples, and strategies to ensure that interventions fit your population. 1:00pm-2:00pm



Sandra Melstad, SLM Consulting



Vicki Plamreuter, South Dakota Foundation for Medical Care

Data Analysis, Dissemination, and Evaluation November 16, 2021
Learn how to use and present intervention data to evaluate the intervention and examine health inequities, trends, and issues impacting target populations. 1:00pm-2:00pm



Jenna Cowan, Population Health Evaluation Center

Understanding and Addressing Cultural Competency and Humility to Improve Health Equity January 18, 2022
Learn insights from experts about cultural competency and humility and its impact on health equity in South Dakota communities. 1:00pm-2:00pm

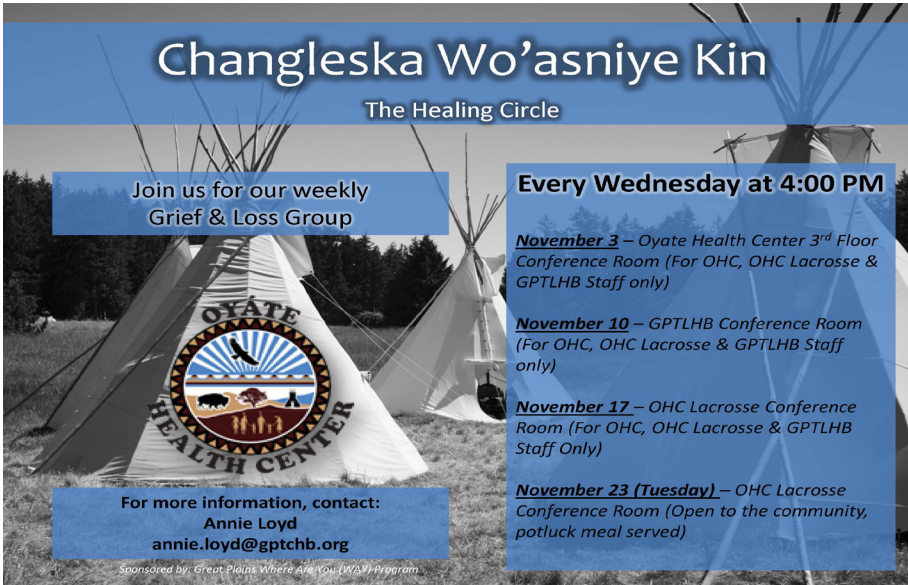


Shannon Bacon, Community Healthcare Association of the Dakotas



Serene Thin Elk, SDUIH

Register Here: <https://bit.ly/3xF7soH>

Changleska Wo'asniye Kin

The Healing Circle

Join us for our weekly Grief & Loss Group

For more information, contact:
Annie Loyd
annie.loyd@gptchb.org

Sponsored by: Great Plains Where Are You (WAW) Program

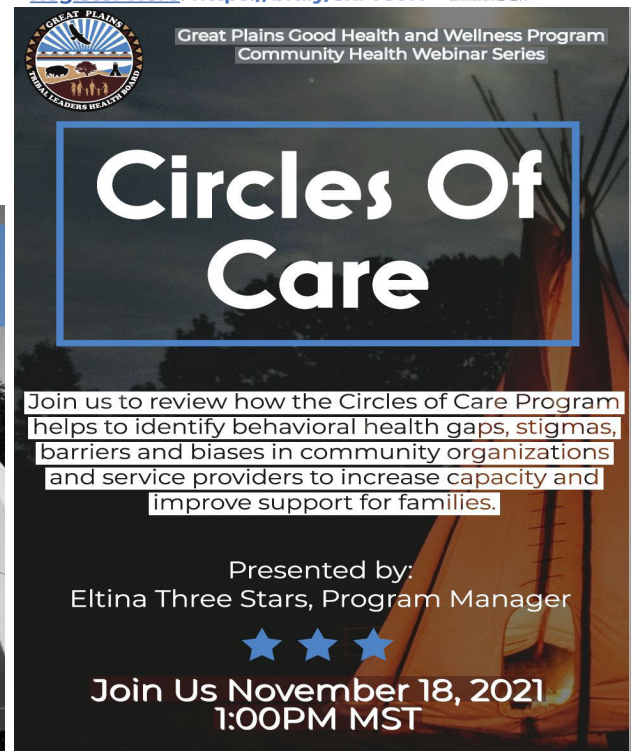
Every Wednesday at 4:00 PM

November 3 – Oyate Health Center 3rd Floor Conference Room (For OHC, OHC Lacrosse & GPTLHB Staff only)

November 10 – GPTLHB Conference Room (For OHC, OHC Lacrosse & GPTLHB Staff only)

November 17 – OHC Lacrosse Conference Room (For OHC, OHC Lacrosse & GPTLHB Staff Only)

November 23 (Tuesday) – OHC Lacrosse Conference Room (Open to the community, potluck meal served)



Great Plains Good Health and Wellness Program
Community Health Webinar Series

Circles Of Care

Join us to review how the Circles of Care Program helps to identify behavioral health gaps, stigmas, barriers and biases in community organizations and service providers to increase capacity and improve support for families.

Presented by:
Eltina Three Stars, Program Manager

★ ★ ★

Join Us November 18, 2021
1:00PM MST

[REGISTER HERE](#)

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