

Klamath Tribal Health & Family Services

Q3 NEWSLETTER / FALL 2023

Committed to Our Goals for a Better Tomorrow

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**Alexa Martinez,
2023 Klamath Tribes
Restoration Queen**

CURRENTLY A STUDENT
AT THE UNIVERSITY OF
OREGON, PRE-MED

Accredited by



ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.



Klamath Tribal Health & Family Services
NEWSLETTER

Greetings!

This publication is produced by Klamath Tribal Health & Family Services - The Health Branch of the Klamath Tribes, (the Klamath, Modoc, and Yahooskin/Paiute).

Content:
Information is provided by a wide range of submissions from Tribal Health departments, tribal programs and community partners.

***Important! If you have any concerns or questions about specific content that may affect your health, please contact your health care provider directly.**

KTHFS Rights:
Klamath Tribal Health & Family Services reserves the right to edit all articles for clarity and length, or refuse publication of any material for content. The newsletter is a Patient Care news source and may not be used as a personal forum. All information is subject to review/approval by Klamath Tribal Health & Family Services. Published information does not necessarily reflect the opinion of KTHFS, our employees, or the Tribe. All Rights Reserved.

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KTHFS Patient Care News
Associated Community Health Information
Health Events & News


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*Member of the Native American Journalist Assoc.



Cover & this page photos by Christina Martinez



Congratulations on your amazing accomplishments, keep striving to accomplish your goals!



Left to Right: Natasha Roberson, 13, Klamath Tribes Restoration Princess 2023, member of Klamath Tribes Youth Council, 8th Grader @ Bonanza Jr. High. AiYana Maree, outgoing Restoration Queen 2022-2023, studying Pre-dentistry @ Oregon State University Reigning Queen, Alexa Martinez, sophomore, @ University of Oregon, Pre-med.

Klamath Tribal Health & Family Services

OUR MISSION: To advance the overall mission of The Klamath Tribes, and the trust responsibilities of the United States government, by providing quality comprehensive, patient-focused health care in a culturally-sensitive manner while eliminating disparities and barriers to health.

Dear Valued Patient,
As part of our commitment to delivering you a great patient experience, Klamath Tribal Health & Family Services is excited to announce we launched a new Patient Portal called IntelliChart. The new portal became available on September 25, 2023, and as a result, our former portal was retired.

If you are an existing portal user you should receive a welcome email to register with the new portal. If you do not have an existing portal account, you will receive an email inviting you to enroll prior to your next scheduled appointment.

If you did not receive an email to register, please contact us at the number listed below.



Do you have our Patient Portal?

Our new Patient Portal makes it easier than ever to access your medical records and manage your health.

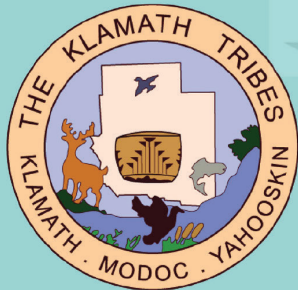
Here are some of the things you can take advantage of when you have the Patient Portal:

- Request and view appointments
- Request medication refills
- Access your medical record
- Send Secure messages to your care team
- And More!

For more information or to sign up call our Medical Front Desk at (541) 882-1487

This amazing opportunity is brought to you by Klamath Tribal Health & Family Services.





Klamath Tribal Health & Family Services

Mo ben dic hos'Intemlek - To be in good health again

NOTICE

HOURS OF OPERATION FOR:

KTHFS Health Center - Klamath Falls, OR.

6000 New Way

Monday-Friday: 7:30am- 4:00pm

Closed for Lunch (12:00 noon - 1:00 pm)

All Dental - Call Wellness Center in Chiloquin to schedule!

Dental in Klamath by Appointment Only!

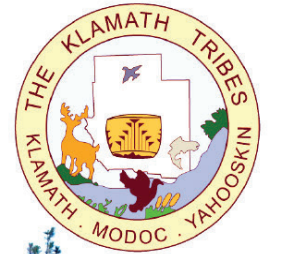
(541) 882-1487 or (541) 783-3295

YFGC/Behavioral Health Center

6000 New Way

Hours of Operation are: 8:00am - 5:00pm

(Open During Lunch) 541-884-1841



Klamath Tribal Health & Family Services



Wellness Center Hours

KTHFS Wellness Center - Chiloquin, OR.

330 Chiloquin, Blvd. Phone: 541-882-1487

Monday - Friday: 7:30am - 4:00pm

Closed during lunch hour (Noon to 1:00pm)

Medical ~ Pharmacy ~ Dental

Chiloquin Dental Walk-in hours: 7:30am - 10:30am

Chiloquin Dental Walk in hours: 1:00pm - 2:30pm

Note: On the first Wednesday of each month, due to administrative requirements, the Wellness Center is open 9:00am - 4:00pm

Transitional Emergency Shelter Coming Soon!



Photos Left to Right: Marci McComas, Homeless Services Director / Stefanie Vigil-Hawk, TES Guest Host / Joshua Crespin, TES Guest Host / Kaylee Cole, TES Guest Host / Jenny Wilder, TES Case Manager / Joshua Hinton, TES Guest Host / Robert Oates, TES Guest Host / Photo by: Taylor Tupper KTHFS Communications

We are excited to announce construction has officially started for the Transitional Emergency Shelter (TES). Once open, the TES will house up to 20 Klamath Tribal Members. We will provide case management and peer support services on site, as well as connect participants to needed community resources. Our goal is to help our participants regain dignity and work towards removing barriers to becoming self-sufficient.

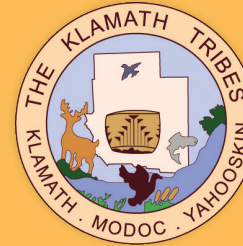
Construction crews are working to lay foundations for the individual pallet shelters, paving the alley, and making the lot ready to get our program up and running. We do not have a set date for our opening, but are working hard to have the TES available to Klamath Tribal members as soon as possible.

We have hired 6 Guest Hosts and a Case Manager. We still have open positions for a Peer Support Specialist and a Shelter Manager. The TES team is currently working on group training and assisting Tribal Members at the KTH&FS Engagement Center. In August, we were able to serve 76 Tribal Members with needed resources such as food and clothing, as well as offer them case management appointments.

We look forward to being able to provide a safe, stable environment for participants at the TES in the near future. We will keep the community informed on upcoming events and of our opening. If you have any questions, please feel free to reach out to us.



KTH&FS Homeless Services Director: Marci McComas
 Email: marci.mccomas@klamathtribalhealth.org
 Office: 541-880-7836



Klamath Tribal
 Health and Family
 Services



KTH&FS Transitional Emergency Shelter

Emergency Transitional Housing for Klamath Tribal Members

""Those impacted by homelessness deserve meaningful, consistent solutions founded in cultural values, promote dignity and create opportunity for self-sufficiency"



Providing a safe space for guests to regain their dignity and self sufficiency

Homeless Services Director:
 Marci McComas
 541-880-7836 ext. 236

Transitional Shelter
 Emergency housing that is safe, drug free and out of the elements

Intensive Case Management
 Providing participants with the resources and support to gain self sufficiency

Access to Services
 Access to mental health, medical, and substance abuse services



Quality Assurance/Compliance

We have had a very busy summer at Klamath Tribal Health & Family Services. There have been so many opportunities for our Team to serve our Tribal Community and they have met the challenge with great enthusiasm. I have had the privilege to see how our KTH&FS Team interacts with our Tribal Members, and how our Tribal members embrace our Team. At the Restoration Celebration I witnessed many hugs and great conversations as our community reconnected with each other and with our Team.

AAAH Re-accreditation Survey

Our AAAHC reaccrreditation survey is coming up on November 29th & 30th. Achieving our accreditation in 2020 in the middle of the pandemic was an amazing accomplishment, and we are looking forward to this year's survey. AAAHC keeps patient safety, quality of care, and regulatory compliance at the forefront of what we do every day.

2023 Patient Satisfaction Surveys

We have a very busy fall ahead of us as we are gearing up for the 2023 Patient Satisfaction Surveys. We are hoping to send the surveys via email, but we only have 700 emails out of our 3000+ patients. So if we do not have an email for you, please contact Patient Registration today and update your information. Patient Registration 541-882-1487 ext. 363.

We will also be sending the surveys via text message. You will receive one for each department separately, each one just takes 3 minutes to complete and we would appreciate any feedback.

You can also use the links listed below to take the surveys on-line. Last year we received 911 surveys back, this year we would like to be over 1000. We need your help to accomplish that goal.

Last years data helped us to make some significant changes in our practice. A few of the improvements are listed below:

Opportunity for Improvement	KTHFS Solution
Medical Phone calls not being answered	Two Medical Clerk positions were added
YFGC difficult to get same day visit	Adjusted schedules to accommodate twice as many same day appointments
Dental Phone calls not being returned in timely manner.	Two Dental Clerks were added to help with phones and check-in/check-out duties.

KTH&FS wants to continue to meet and exceed your expectations. This is a great time to share with us what we are doing and we will continue to improve. Please do your part in helping KTH&FS help our Tribal Community thrive, by taking the time to complete the 2023 Patient Satisfaction Surveys.

Medical: <https://www.surveymonkey.com/r/HXSS6J6>

Dental: <https://www.surveymonkey.com/r/HFHSKF7>

Pharmacy: <https://www.surveymonkey.com/r/VQCQTHL>

YFGC: <https://www.surveymonkey.com/r/WNRMQ79>

Transportation: <https://www.surveymonkey.com/r/S7NQLF7>



For more information contact:
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 Quality Assurance Specialist
 Klamath Tribal Health & Family Services
 Administration
 Address: 3949 South 6th Street, Klamath Falls, OR 97603
 Phone: 541-882-1487 ext. 256
 Email: Debbie.kilby@klamathtribalhealth.org



waq'lis ?i

Klamath Tribal Health & Family Services

CORE VALUES

Waq'lis ?i is a term from the Klamath language and means, "How are you?"

Klamath Tribal Health & Family Services has incorporated the word to help convey our core values to one another. Core values are the principles that guide our day to day behaviors, our decisions, our actions, and our relationships with each other and with the people we serve.

- W WELLNESS.** *We strive to improve the wellbeing of our patients through preventive approaches to health management by providing services to increase balance in body, mind, spirit, and heart.*
- A ACCOUNTABILITY.** *We accept responsibility for our actions, attitudes, and mistakes.*
- Q QUALITY.** *We strive to deliver high quality patient care and we all take part in quality improvement activities. We endeavor to ensure patient and employee safety.*
- L LEADERSHIP EXCELLENCE.** *Every KTHFS employee is a leader. Our actions are driven by our desire to do our best at all times. We work together to make the most efficient use of our resources, with dedication, commitment, and perseverance.*
- I INTEGRITY & ETHICS.** *We accept responsibility for our behaviors and aspire to the highest standards of ethical conduct and performance. We are honest in our everyday business dealings. We protect confidentiality and secure patient health information.*
- S SERVICE & SENSITIVITY.** *We demonstrate service to our community by delivering top-notch customer service to all internal and external customers. Going above and beyond for all of our patients is our expectation. We honor cultural traditions and values and we treat others the way we want to be treated, with sensitivity. We always respond to the needs of our patients and fellow co-workers with respect and compassion.*
- I INNOVATION.** *We seek innovative solutions on issues affecting the health of our patients and the status of the organization.*



3 Fall Foods for Your Family

Information provided by: LCDR Joseph Tibay, MS, RDN / USPHS Registered Dietitian Nutritionist
KTHFS Interim Public Health Director / Work: 541-882-1487 ext. 602

For many, fall means new classes, new activities and sports, new schedules and a shift to colder weather foods. Regardless of age, having the right fuel is key to helping kids function at their best.

Summer's bounty of tomatoes and peaches may be over, but harvest season has its own advantages such as an abundance of the following delicious fall foods. Here are some simple, kid-friendly ways to add them to your family's meals.

Pumpkin

Is anything more fall-like than a pumpkin? These famously orange winter squashes are chock-full of vitamin A and deliver 3 grams of fiber per ½-cup serving of cooked sugar pumpkin, plus they contribute towards potassium needs. Note that the pumpkins you carve into jack-o'-lanterns are not the same type of pumpkins you eat. Try pumpkin puree mixed into mac-and-cheese or with hummus for a seasonal spread. Looking for more options? Add pumpkin to pancake batter, oatmeal, smoothies or your kid's favorite chili.

And don't forget about roasting the seeds! Pumpkin seeds are a delicious and healthful snack and a source of several nutrients, including zinc, which is essential for many body processes including immune function.

To toast your pumpkin seeds, first rinse to remove pulp and strings. Spread seeds on a baking sheet that has been coated with cooking spray or drizzle a small amount of olive oil over seeds. Bake at 325°F for about 30 minutes or until lightly toasted. Stir occasionally during cooking. Take a look at your spice rack and try a seasoning on your toasted seeds such as garlic powder or Cajun seasoning.

Apples

Apples pack a powerful nutrition punch and are a source of vitamin C and dietary fiber – eat the skins for the full fiber benefits.

Sprinkle apple slices with ground cinnamon or pair with cheese or peanut butter for an easy snack. Don't forget about dinner! Apples taste great when stewed and served with savory foods such as roasted pork.

Brussels Sprouts

They may be small, but Brussels sprouts are part of the powerhouse cruciferous veggie family. Each 1-cup serving of cooked Brussels sprouts provides 4 grams of dietary fiber, is an excellent source of vitamins A, C, K and folate and a good source of iron. They even have some protein.

You can cut whole Brussels sprouts into kid-friendly quarters and toss with sea salt and olive oil and roast until crispy. If your kids are skeptical, serve the sprouts mixed with roasted sweet potato or butternut squash cubes. You also can shred them (or buy them pre-shredded) and sauté lightly in olive oil then toss with your kids' favorite pasta or rice dish.

By Jessica Cording, MS, RD, CDN, registered dietitian and writer in New York City.



Food and Budgeting

Food costs have increased dramatically in 2022 by 11.8% and 2023 by 3% so far. Here are ways to save some \$\$\$ when buying food:

Plan around sales. Check the weekly flyers and coupons.

Create and stick to your shopping list. Avoid the temptation to buy things on sale that are not on your list.

Shop seasonally. As fall comes in, look for the fruits and vegetables in season. Otherwise, consider frozen or canned as these are picked at their peak and can be just as nutritious as fresh foods.

Protein. Purchase larger quantities of meat for two or more meals to use as leftovers. Because meat is generally expensive, consider going meatless a few nights of the week. Use beans, nuts, or eggs.

Bulk isle. Grains and dried beans are generally inexpensive. Stock up when these are on sale or buy only what you need from the bulk bin.

Reduce waste. Plan to use highly perishable items – such as fish and seafood, salad greens, berries and fresh herbs – early in the week, and save more hearty items for later in the week. Enjoy leftovers for lunch or create new meals from leftover ingredients. Cooked meat and vegetables can be revamped as a filling for a casserole, frittata or soup. Adapted from Shop Healthy on a Budget, by Jessica Cox, RD and Sarah Klemm, RDN, CD, LDN

Unit-Price comparison shopping

Unit pricing makes it easy to compare prices of similar products even though they may be packaged differently, or from different brands. Be sure to compare products with the same measuring unit. For example, ounces to ounces or pounds to pounds. Remember, 16 oz. = 1 lb.

Look at the price label to see how much per unit (ounces, pounds, etc.) the item costs, for example \$1.00 per ounce or \$5.00 per pound. Compare the two products' price per unit to see which is lower.

Sometimes the unit price is not given. So take the retail price and divide it by the unit to get the price per unit. Then compare the two products by their price per unit to see which is the better deal.

Example:

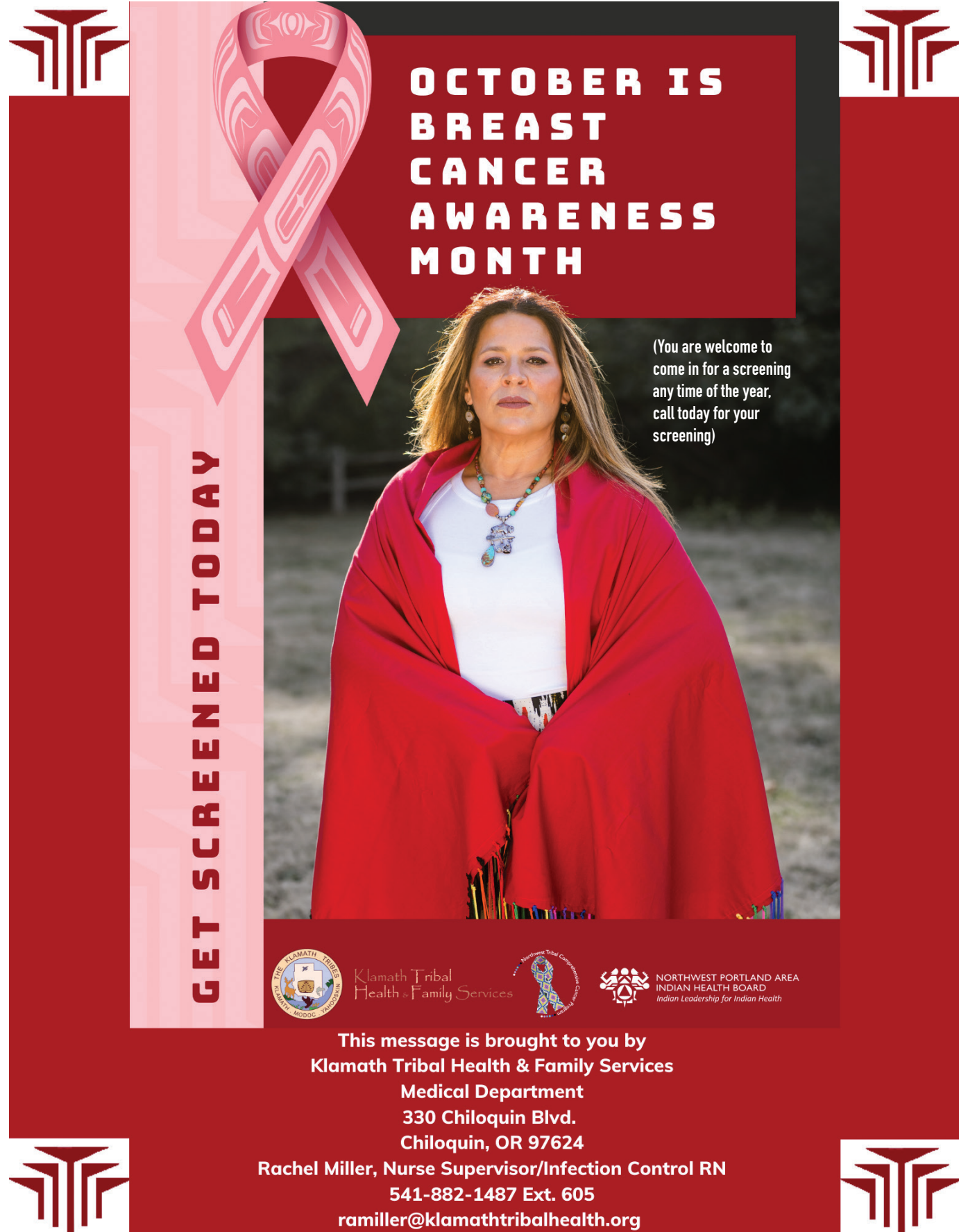
6 oz. yogurt at retail price of \$0.72. $\$0.72/6\text{oz} = \0.12 per oz.

32 oz. yogurt at retail price of \$1.62. $\$1.62/32\text{oz} = \0.05 per oz.

The 6 oz. yogurt looks less expensive because it has a cheaper retail price. But when you compare the unit price, you can see the 32 oz. yogurt is actually \$0.07 cheaper per ounce.

Adapted from: <https://www.snap4ct.org/healthy-shopping-on-a-budget.html>





**OCTOBER IS
BREAST
CANCER
AWARENESS
MONTH**

GET SCREENED TODAY

(You are welcome to come in for a screening any time of the year, call today for your screening)

This message is brought to you by
Klamath Tribal Health & Family Services
 Medical Department
 330 Chiloquin Blvd.
 Chiloquin, OR 97624
 Rachel Miller, Nurse Supervisor/Infection Control RN
 541-882-1487 Ext. 605
 ramiller@klamathtribalhealth.org



For your family's peace of mind. You can't always be there, but we can.

ALL-IN-ONE CELLULAR MONITOR DEVICE



GPS Enabled
 For in-home and on-the-go use
 Optional integrated fall detection available
 No additional help buttons needed

You can enjoy the following benefits with our systems:

Reliable Access to Help: Through its nationwide coverage over the AT&T 4G LTE network, the Micro offers 24/7 communication with its U.S.-based emergency response centers.

Water- and Weather-Tough: With a water-resistant certification of IP57, the Micro can go where its users go – including places likely to have more slippery surfaces, such as walks in the rain, showers and pool decks.

Integrated Fall Detection: The Micro features the company's patented automatic fall detection technology, to ensure access to help – even if the user is unable to push their emergency button. This feature is also optional: users can elect to add it at any point to their service plan.

Extended Battery Life: With a longer battery life than other mobile medical alert systems on the market, the Micro can go the distance for up to 5 days before needing to be recharged.

Advanced Location Tracking: With the company's multi-mode location accuracy that comes from GPS technology, cellular ID and short-range RF, the Micro location tracking capabilities can pinpoint the user's location in the event of an emergency.

Voice Guidance: The Micro's speakers allow for device voice guidance – as well as loud and clear communication with emergency operators.
Tech-Savvy Color: The Micro is available in a customized slate gray color, designed to integrate easily with other technology components in the user's life.



Pictured: Tribal members grandmother Victoria Taylor, daughter Rachel Murray and granddaughter Raelynn Murray. Photo by J. Sergi



CONTACT YOUR PRIMARY CARE PROVIDER FOR ELIGIBILITY

Klamath Tribal Health & Wellness Center

Klamath Tribal Health & Family Services, 541-882-1487

Friendly Reminders for Purchased and Referred Care (PRC) Patients

If you have a true emergency and need to access dental or medical services while the KTHFS offices are closed: Call 911 or visit the nearest emergency room.

The use of the Hospital Emergency Room may be reviewed for urgency of the service(s) provided. In the event you must utilize the hospital emergency room, you or an individual acting on your behalf must notify the PRC Department within 72 hours/30 days for elders & disabled and leave a message with the following information:

- Your first and last name
- Your date of birth
- Your phone number or number where you can be reached
- Date and time
- Reason for the Medical/Dental Treatment

Please be sure you receive prior approval for each case of needed medical service. Make sure you have the proper approval and/or referral and call PRC for a claim number prior to all non-emergency appointments.

Please remember to update your information each time you utilize KTH&FS services, such as copies of current insurance cards, tribal identification card, current phone number(s), emergency contact, proof of address. PRC can be reached by calling 541-882-1487 and pressing option #5 for the PRC Department or by dialing your PRC Technician's extension number. PRC fax number is 541-851-3981.

Kelly Hawk

Purchased and Referred Care (P/RC) Director
 Klamath Tribal Health & Family Services
 3949 S 6th Street, Klamath Falls, OR 97603
 Work Phone: 541-882-1487 ext. 234
 Fax: 541-851-3981 (PRC Fax)
 Email: klhawk@klamathtribalhealth.org



YFGC is pleased to announce that we have added our first telehealth counselor to our clinical counseling team. Benjamin Ward Peal is a Licensed Clinical Social Worker who specializes in trauma as a certified clinical trauma professional. In the near future, we hope to be adding more telehealth providers to our clinical team.

Benjamin is able to offer appointments to those who are interested in getting virtual counseling in two different ways; we have a private office at YFGC where people can meet with Benjamin for their scheduled appointment, or they can meet with him from a remote location such as a private space in their home or at work.

We do ask people to visit our offices for their first appointment so that they can get set up and familiar with the computer and the technology. After that first appointment, individuals may have the option of continuing sessions offsite, if that is more convenient for them.

Telehealth is not for everyone, but for those who qualify for this service it offers many advantages such as convenience, easier access to care if transportation and location is a challenge, and the option of being in a more comfortable familiar setting when doing a counseling session.

If you are interested in trying this option for mental health counseling, call YFGC to set up an initial screening appointment where we can provide more information about next steps – 541-884-1841.

B. Susan Lawlor, LMFT

Behavioral Health Director, Youth & Family Guidance Center
 Klamath Tribal Health & Family Services
 6000 New Way Klamath Falls, OR 97601
 541-884-1841 Ext. 409



Horse Therapy Update: YFGC/DOMNI WAC Health Recovery Program

Information and Photos by: Taylor R. Tupper, KTHFS –Communications

This summer, in August 2023, our Domni Wac Health Recovery Program provided a Tribal Family Horse Assisted Learning event at the Solid Ground Assisted Activity & Therapy Center, at 630 Griffith Lane, Klamath Falls, Oregon.

Mr. Devery Saluskin, the KTHFS Recovery Support Supervisor, coordinated this Domni Wac event. He began the morning with some good words, instructions, and smudging for anyone who wanted to participate in that cleansing practice.

Devery said, "Everything we see around us was created. All the plants, life, humans, water... everything, and these horses were also created. We believe that horses weren't just created for carrying stuff, but they are spiritual and they can help people." He added, "So today I want you to consider that when you are with them and around them, see if you can feel them taking something from you, or giving you something... Helping you. Pay attention to their ears, eyes, the way they hold their head, and remember to be safe and don't walk behind them. See how you feel, if they help you. This is why I want our people to keep coming and being around horses, to one day have our own facility. And if you didn't know, everyone here comes from horse people, everyone here had cowboy or cowgirl grandparents, some people still are cowboy/horse people. Our goal is to let everyone be with the horses today, go through this experience, and just spend time with the animals."

When you are around horses, their heart beat will sync with yours. That is one of the reasons a calm horse should be paired with someone that has high anxiety. Their spirit can lower the heart-rate and reduce stress.

One of our late elders, Rayson Horse Tupper, would always bring horses to Culture Camp for the kids to be around. He said they were 'dic yawqs' - good medicine.

We hope to continue this practice. It is healthy for the mind, body and spirit. It was a beautiful time.

For information contact:

Devery Saluskin at YFGC

Recovery Support, Domni Wac Program

541-884-1841 ext. 410

devery.saluskin@klamathtribalhealth.org



Shelley Trumbly, Solid Ground Executive Director, and Devery Saluskin, KTHFS/YFGC Recovery Supervisor, Domni Wac Program.



KTH&FS Street Outreach Program Update:

Klamath Tribal Health & Family Services Street Outreach Program has been expanding throughout the months and attending many functions and events.

On most Fridays, our teams have been working on a collaboration between both trailers within Klamath falls and going out on the streets and meeting the homeless where they are and giving them resources, feeding them, lending a hand, giving them someone to talk to, providing a non-stigmatic environment, providing tents, sleeping bags, naloxone, peer support, and offering self-sufficiency resources. This has been a great team building exercise for all.

In August 2023, Tayas Yawks was able to join a couple of Tribal Health staff in the First Tribal Opioid Summit put on by the Northwest Portland Area Indian Health Board and hosted by the Tulalip Tribes. Over 1,000 leaders, peers, council members, and elders came together to discuss the opioid crisis for tribal communities and prioritize recommendations to address it. The summit provided opportunities for tribal, federal, regional, and state leaders to discuss the opioid crisis through four focused tracks: data, care and support, prevention, and law and justice.

The Street Outreach Trailers were able to attend Health Row for our 37th Annual Restoration Pow Wow. We were able to provide resources on harm reduction, Naloxone training, and handed out Naloxone to those requesting it. This was a huge success and a very busy weekend for Street Outreach.

On August 31st, Street Outreach held their first event for International Overdose Awareness Day. We had a Trailer Stationed at Klamath Tribal Health & Family Services, South 6th Street Office and also a table set up inside the Wellness Clinic in Chiloquin. We offered #End Overdose Swag as well as Opioid Overdose Education for adults and teens. We also had a vigil set up for anyone wanting to remember a loved one who lost their life to an overdose. The purpose of this event is to raise awareness of overdoses, reduce the stigma of drug-related deaths and acknowledge the grief felt by families and friends.

In September, the Street Outreach trailer attended the Hands Across the Bridge event coordinated by multiple recovery groups within the Klamath Basin. This was also a huge success and a great way to build relations with community partners, spread awareness, and provide contact information on what our teams are trying to do.

Our County is still seeing a rise in Fentanyl Overdoses and not all are accounted for. We would like to encourage everyone to please reach out to us for any resources. Our teams strive to meet people where they're at and connect with family/friends/patients in a way that is effective for them, guided by their wants and needs. We try to remember any change is a positive change.



Naloxone Can Save a Life

What is naloxone?

Naloxone is a life-saving medication that can reverse an overdose from opioids—including heroin, fentanyl, and prescription opioid medications.

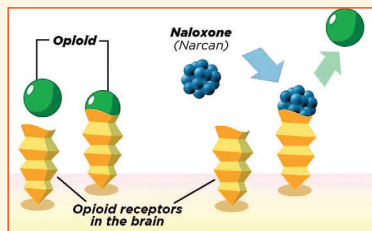
How does naloxone work?

Naloxone quickly reverses an overdose by blocking the effects of opioids. It restores normal breathing for a person whose breathing has slowed down or stopped because of an overdose.

Call 911 immediately after administering naloxone to someone. Oregon's Good Samaritan Law protects witnesses and victims from being prosecuted for drug possession.



Naloxone knocks the opioids out of the receptors and temporarily blocks the receptors. If you need Naloxone please reach out to our Street Outreach Team, we are happy to get you Naloxone along with training and any other resources needed.



Shawn L. Jackson, Street Outreach
Street Outreach Manager
Klamath Tribal Health & Family Services
Office (541) 882-1487 ext 425
shawn.jackson@klamathtribalhealth.org
www.klamathtribalhealth.org

October is recognized as National Substance Use Prevention Month! But every day is a day we can prepare to combat substance use. Culture, strong community ties, and education can prevent substance use disorder within our Tribal communities. To learn more, you can visit npaih.org/opioid. #PreventionMonth #SUDPrevention #TogetherStronger

We also recommend a Link to video:
https://www.youtube.com/watch?v=n_my-PMAQtA

For more information contact:
Shawn L. Jackson / Street Outreach Manager
Klamath Tribal Health & Family Services
Office: (541) 882-1487 ext. 425
shawn.jackson@klamathtribalhealth.org / www.klamathtribalhealth.org

National Substance Use Prevention Month
OCTOBER 2023

What is Substance Use Disorder?



OPIOID AWARENESS PREVENTION MONTH
We are happy to share our media messaging for National Substance Use Prevention Month!

It's When People Can't Stop Using Drugs or Alcohol:

Substance use disorder (SUD) is a problem where someone can't stop using drugs or alcohol, even if it's hurting them. It's like having a really strong craving or need for something that can be harmful.



It Can Affect Anyone:

SUD can happen to anyone, no matter their age, background, or where they live. It's important to know that it's not a choice – it's a health issue, like having a cold or a fever.



National Substance Use Prevention Month
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Having a plan on the effective ways to manage your pain can help you feel confident at your next doctors visit.

HealSafely.org has provided a great plan you can download and fill out.



Getting Help is Important:

If someone you know or care about is struggling with SUD, it's important to encourage them to get help from a doctor or counselor. Support from friends and family can make a big difference in helping someone recover.



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Did You Know?

Your body can become dependent on prescription medications in as few as three days?!



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To learn about substance use prevention & treatment, visit: npaih.org/opioid



FROM START TO FINISH



DIC'II YAWQS PREVENTION PROGRAM
POWWOW Club

Begins June 2023
2nd & 4th Thursday of Each Month
NEW LOCATION 3:30 to 7:30pm
KTHFS YFGC Multi Purpose Room
6000 New Way Klamath Falls, OR

3rd Thursday of Each Month
3:30 to 7:30pm
Ne'tu Shpo'tu Shiwina Fitness Center
320 S. Chiloquin Blvd Chiloquin, OR

Regalia Making
Dance Practice
Drumming/Singing

HELP BRING YOUTH INTO THE CIRCLE
SEWERS - DRUMS - DANCERS WELCOME
INFO: MANDY ROBERSON (541)851-3408

Powwow Club started in February 2023 with the goal of creating regalia for tribal members and to host an "Entering the Dance Circle" ceremony during our Klamath Tribes Restoration Celebration Powwow in August 2023. We hope this ceremony and recognition also inspires others to come to our Powwow Club and make their own regalia. If you are interested in attending any of our events and need assistance with anything such as transportation, please reach out to the Dic'ii Yawqs Prevention Team at (541) 884-1841. We strive to eliminate barriers for all to attend our activities and events.



All KTH&FS Events are Alcohol, Drug, Tobacco and Vape Free

Dental Update! Clinics Open in Two Locations! Call for Appointments Now...

We welcome everyone to the Dental Clinics at both Chiloquin and Klamath Falls. Dental is now providing all treatments at 6000 New Way. Please continue to call the phone number in Chiloquin to schedule all appointments.

This program is geared especially for children from age 0 to 5 years old. It is designed to increase access to care and preventing dental disease in our very young children.

Dental is still dedicated to preventing dental disease. We continue to offer special minimal invasive treatments when doing fillings and treating tooth decay. Routine use of new materials is making Dentistry much easier for everyone.

Dental recently participated in the Back to School event and Health Row during Restoration Days. It was good to see so many take advantage of what we had to offer.

Dental is dedicated to serving our patients, young and old.

Dental is soon starting a new program associated with the other tribes in Washington, Idaho, and Oregon, Wee Smile.



**Call Chiloquin to schedule:
541-882-1487
(Press 2 for Dental)**





What's happening with your Pharmacy?

The KTHFS Pharmacy not only provides medications to tribal members at no cost (last year that was a \$7,107,603 savings in co-pays and the costs not covered by insurance), but unlike most retail pharmacies also provides:

- Clinical pharmacy collaborative clinics & consultation
- Clinical support of patients & integrated care teams
- Institutional refills & bubble packs
- Management of contracted after hours pharmacies- Rite Aid & SLMC outpatient
- Medication disposal
- Medication synchronization refill program
- Prescription home delivery to eligible patients
- Prescription and health education

It is quite a process opening another pharmacy in Klamath Falls at a Phase I level that provides emergent same day medications for patients seen and being a point of dispensing for medications filled at the primary pharmacy in Chiloquin. Currently, the pharmacy space is built with refrigeration, software, temperature monitoring, filling technology and much more.

Since the last update, all licensing is completed, while the pharmacy contracts are still in process to enable the pharmacy to function.

All of this is happening during a shortage of pharmacy staff, which slows down the process. This shortage is throughout the county. If you have seen the long lines at the different pharmacies, you already can guess that every pharmacy has open positions for pharmacists and pharmacy technicians.

So when will the pharmacy open? We don't know for sure, much of it depends on recruiting people to hire and train, but current hopes are for the end of year.

As you patiently wait for the pharmacy to open in Klamath Falls, please continue to use the wonderful services provided through the pharmacy at the Wellness Center in Chiloquin. There are no long lines to pick up medications unlike the other pharmacies in Klamath County.

Call your Pharmacy at: 541-783-2438 or 541-882-1487 (Press Option 1)

Consider the Pharmacy Medication Synchronization Refill Program

- ✓ Fewer pharmacy phone calls and times to get medications every month
- ✓ Ability to receive your medications all at one time
- ✓ Increased understanding of your medications
- ✓ More personalized care from your pharmacy staff
- ✓ Consistent supply of medications, so that you don't have to worry about running out
- ✓ Opportunities for monthly discussion with the pharmacist on any medication related problems, education, or questions

Pharmacy Med. Synch Program

- ✓ Synchronizes a patients chronic medications so that all of the prescriptions can be completed once a month
- ✓ Monthly review of the patient's medication to assess what is needed and identify challenges to resolve
- ✓ Monthly pharmacist-patient contact to address any medication-related problems, adherence issues, provide education related to medications, devices or conditions, and answer any questions

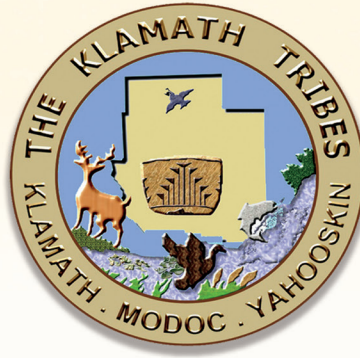
Medication synchronization involves a pharmacist organizing all medication for a patient, so they can receive them all at once each month.

Thank you,

CDR Timothy G. Langford, Pharm D, BCPS, USPHS

Pharmacy Director
 Klamath Tribal Health & Family Services
 Wellness Center
 330 Chiloquin Blvd.
 PO Box 490
 Chiloquin, OR 97624
 PH 541-783-2438 or 541-884-1487
 tim.langford@klamathtribalhealth.org





Klamath Tribal Health & Family Services

VISION & MISSION

OUR VISION

In service of its mission, Klamath Tribal Health & Family Services envisions a vibrant and healthy tribal community through the delivery of an accessible, high-quality, innovative, sustainable, and culturally-relevant healthcare program.

OUR MISSION

To advance the overall mission of The Klamath Tribes, and the trust responsibilities of the United States government, by providing quality, comprehensive, patient- focused health care in a culturally-sensitive manner while eliminating disparities and barriers to health.



CONTACT US:

Wellness Center
330 Chiloquin Blvd.
Chiloquin, OR 97624
541.884.1487

**Youth & Family Guidance/
Behavioral Health**
6000 New Way
Klamath Falls, OR 97601
541.884.1841

New Way Health Center
6000 New Way
Klamath Falls, OR 97601
541.882.1487

**Klamath Tribal Health
Administration**
3949 S. 6th Street
Klamath Falls, OR 97603
541.882.1487