

# Reno District Newsletter

October 2008 Indian Health Service, Reno District Office of Environmental Health Volume 9, Issue 2

## Duckwater, NV Health Fair a Great Success

By Elisa Dubreuil

**O**n September 18, 2008, Duckwater, NV had a very successful second health fair. The first health fair was in 2000 and only 6 booths were present.

This year, twenty-four booths were filled with participants and 124 individuals signed in at the event. Booth participants included the Duckwater Health Department, Duckwater Law Enforcement, the Veteran's Administration, the Nevada Cancer Institute, Nye County DARE, the U.S.

Forest Service (Smokey the Bear), Indian Health Service, and several Inter-Tribal Council of Nevada Programs. The State of Nevada Mammovan

provided mammography exams during the Health Fair.



**Duckwater Law Enforcement**



**The First Lady's First Flat Tire**

The Health Fair featured First Lady of Nevada, Dawn Gibbons as Guest Speaker. The First Lady suffered two flat tires during her travels to Duckwater, but arrived with a smile and delivered a nice speech. Richard Malone, Sen-

ior Deputy Medical Investigator for the New Mexico Office of the Medical Investigator was the motivational speaker. Mr.

Malone provided a very informative and emotional presentation on motor vehicle crashes that caused several people to wipe their eyes during the presentation.



**Flat Tire Number 2**

Ms. Debbie O'Neil, Duckwater Health Department, spearheaded the event and was able to bring Mr. Malone to Duckwater with a grant from the State of Nevada Office of Traffic Safety. Debbie would like to give special thanks to First Lady of Nevada Dawn Gibbons, and Mr. Richard Malone for their presentations. She would also like to thank Ms. Gina Pahona for her part in informing Debbie about Mr. Malone and helping to bring him to Duckwa-

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Your Local  
Environmental  
Health Officers

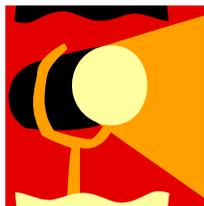
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# EH Spotlight: Molly Madson



**H**i! My name is Molly Madson and I am the new Environmental Health Officer for the Schurz and Owens Valley Service Units. The Tribes I will specifically be working with include the Reno-Sparks Indian Colony, Washoe Tribes of Nevada & California, Lovelock Indian Colony, Yomba, Yerington, and all of Owens Valley, California. I began working at the Reno District Office this past April and have really enjoyed getting to know everyone. Not only am I new to Indian Health Service (IHS), but I am new to the workforce in general. I graduated from

the University of Wisconsin-Eau Claire with a degree in Environmental Public Health in December 2007 and was hired for this position at the end of January 2008. It was hard moving 2,000 miles away from home, but it has been great living out west. The mountains are beautiful, and I get to spend a lot of time outdoors because it is always sunny.

Although I am new, I have already learned so much in just 6 months. It is my job to conduct surveys of facilities such as Head Starts, restaurants, day cares, clinics, and schools. In addition to surveys, I also will be assisting with the rabies clinics, providing training, and working to prevent injuries. I very much enjoy getting out into the field and meeting new people. It will be exciting to continue my journey here and experience everything this job has to offer. I am very thankful to have been given the opportunity to work for IHS and especially to be here in the Reno area.

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## Nevada Tribes Awarded Youth Suicide Prevention Funding from SAMHSA By Holly Billie

**D**r. Charles W. Grim, former Director of Indian Health Service stated in a speech before the Senate Committee on Indian Affairs, that "Suicide is not a single problem; rather it is a single response to multiple problems. Neither is it a strictly clinical or individual problem, but one that affects and is affected by entire communities." This is true in Indian Country. For example, according to Trends in Indian Health, 2000, 2001:

- Suicide rates for American Indians/Alaska Natives range from 1.5 to over 3 times the national average as compared to other groups.
- It is the second leading cause of death for Indian youth ages 15 to 24 and is 2.5 times higher than the national average.
- Young people aged 15 to 34 make up 64 percent of all suicides.

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## Elder Pine Nut Gathering & Injury Prevention Presentation

By June Doll

IP Coordinator, Toiyabe Indian Health Project

The Toiyabe Injury Prevention Program in Bishop, CA had the fortune of doing an “Elder Fall Presentation” for the Toiyabe Elder Program. There were 13 Tribal Elders who attended and I asked the question, “What can cause an elder to fall, especially while out here in the wilderness”? They had many answers to that one question. I then discussed the Elder Fall Program with them and asked them if they ever heard of Toiyabe Injury Prevention Program. Many of them said they had never heard of the program.



June Doll with tribal elders

The Pine Nut Gathering is an ongoing traditional event in our area. I heard many old stories told by the elders that day, and then we all had a delicious lunch cooked by a Bishop tribal elder. It was chicken soup with dumplings, Indian tea, and fresh fruit.

Although at the end of the day we were all dirty and dusty, the sweet smell of pine nuts filled our vehicles as well as our clothes. Because of this event, I came away with more respect for our tribal elders. And, even they were of different tribes, they all spoke one language, “Thanking the Creator for our many blessings”!

I admit, too, that I’m very thankful for the wonderful experience and am looking forward to the next year of Pine Nut Gathering with the elders!

## Reno District Announcements

By Elisa Dubreuil

**F**ood Handler’s Training  
Reno District Office of Environmental Health is pleased to announce that we are currently in the process of revamping our Food Safety Training Program, including our presentation. We are hoping the presentation will focus on the main points of the 2005 Food Code and be easier to process. We would also like to announce that we will no longer be reissuing cards to those who lose theirs. Individuals with a lost card will have to take the training over again. And yes....you still have to pass a food safety test to get your card.



### Commissioned Officers and Deployment

All the Environmental Health Staff in Reno District are Commissioned Officers in the United States Public Health Service (USPHS). USPHS Commissioned Officers are a highly skilled, mobile workforce that may be asked to assist the nation during disasters or other significant threats to life and liberty. In fact, CDR Holly Billie was recently deployed to College Station, TX for a week to assist with a field medical station due to Hurricane Ike. Serving on a deployment team is not optional. All CO’s may be deployed pending supervisor approvals and are required to serve 2 - 3 on call months a year depending on the rotational schedule.

### New Staff

LTJG Christopher Chestnut joined the Reno District Office of Environmental Health on October 7<sup>th</sup>. He is detailed to the Uintah and Ouray Service Unit in Ft. Duchesne, Utah. And will be participating in a Health Diplomacy Mission with the US Navy the end of October through the end of November.

# WELCOME



## Introducing Ben Chadwick

By Elisa Dubreuil

**B**en Chadwick is the new Engineer in Elko, Nevada. He provides engineering services on water, wastewater, and solid waste to communities and individuals in the Te-Moak Tribes, Duck Valley, Duckwater, Ely, Ft. McDermitt, and Goshute. He started here in June of 2008.

Ben was always interested in engineering as a child and his interest was encouraged by his father. Ben graduated from Brigham Young University in April of 2003 with a Bachelor's of Science in Civil Engineering. He then graduated from Texas A&M University in August 2004 with Masters of Engineering. Ben spent 3.5 years with Indian Health Service in Manlius, New York, before joining us in Elko. His greatest accomplishments in Manlius were the people he met, his friendships, and retiring as the Lord of the Rings Risk Champion. Ben enjoys several different aspects about working for Indian Health Service: helping people, working with tribes, and learning about new cultures.

Ben and his wife Nan have two daughters: Kaitlin (4 years old) and Rachel (almost 3 years old). The girls are little bundles of energy and keep Ben busy when he is not working on his house. In Ben's spare time he likes to hunt, fish, spend time out-of-doors, and sports. He is also part-owner of the Great Chinook Lodge in Gustavus, Alaska.



## Nevada Tribes Awarded Youth Suicide Prevention Funding From SAMHSA

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While suicide does impact some tribes more than others, Tribes in Nevada have cause for concern. According to the American Foundation for Suicide Prevention, Nevada has the third highest suicide rate in the nation. In 2003 there were 434 suicide completions, resulting in a rate of 19.4 per 100,000. For age groups 10-34 in Nevada, suicide was the second leading cause of death. (Unintentional injury was first.)

To address this serious and often complicated problem, the Nevada Indian Health Board (NIHB), in partnership with the Inter-Tribal Council of Nevada (ITCN), Indian Health Service, and the Nevada Office of Suicide Prevention was awarded a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to address youth suicide for Nevada Tribes. The \$1.5 million grant spans three years and begins this fiscal year.

Through this grant NIHB hopes to 1) develop an Indian Youth Suicide Prevention Program, 2) increase awareness of the impact of suicide on Nevada Indian youth, 3) develop community-based prevention and postvention programs, and 4) improve the quantity and quality of data on suicide attempts and completions among Nevada Tribes.

The first order of business for Larry Curley, NIHB Director, was to convene potential steering committee members for a meeting held October 14 in Reno. Individuals from tribal health centers, Indian Health Service, Nevada Urban Indians, University of Nevada-Reno and the Nevada Office of Suicide Prevention were in attendance. It is anticipated that as the grant moves forward the steering committee will grow in number and in diversity.

The NIHB will look to hire a Project Director and Tribal Youth Coordinator for this initiative in the upcoming months. As grant activities begin the Reno District Newsletter will provide updates.

Congratulations to NIHB, ITCN and partners in obtaining this funding on behalf of the Indian youth of Nevada.



## Engineering Spotlight:

# Leonard Brown

## Duckwater Paiute Tribe Receives Car Seat Fund- ing from BIA

By Holly Billie

**Y**a't'eeh!  
Hello! My name is Leonard Brown and I am Dine' from Gallup, NM. I was born in Tuba City, AZ to the Red House People clan (Kinlichii'nii), born for the Red Running Into The Water clan (Tachii'nii). My maternal clan is of the Reed People (Lok'aa' Dine'e) and my paternal clan is of the Towering House People (Kiyaa'aanii). My maternal family is from Shonto, Arizona and my paternal family is from Sundance, NM. I have two brothers and two sisters.



As of May 5<sup>th</sup>, I am the new Field Engineer in the Reno District Indian Health Service (IHS) Office and I provide environmental engineering services for a number of tribal communities within the district. My current projects include the installation of individual water and sewer services for the Lovelock Paiute Tribal members, project manager for the Arsenic/Uranium removal plant for the Yerington Paiute Tribe, and AutoCAD manager for the district.

I graduated from ITT Technical Institute with an Associate degree in AutoCAD in 1996. Initially, I began my career with IHS as a Draftsman with OEHE in Many Farms, AZ. It only lasted for 7 months because of a persistent engineer who kept asking me why I was still in Many Farms and not in engineering school. I decided to continue my education and in December 2004, I graduated from the University of New Mexico with

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**T**he Duckwater Paiute Tribe recently received funding from the Bureau of Indian Affairs (BIA) Indian Highway Safety Program (IHSP) to purchase car seats for community members. Debbie O'Neil, Duckwater Clinic Health Resource Analyst, reported that 18 car seats were purchased with the funds. There are plans to conduct car seat training for staff and community members in the fall or early spring, after which a car seat checkup event will be held so parents can receive help installing their car seats. The BIA IHSP is now receiving applications from all tribes for car seats funds for FY2009. The applications require an endorsement from an IHS Injury Prevention Coordinator or Environmental Health Officer. Applications can be found on the Indian Health Service Injury Prevention website at <http://www.ihs.gov/MedicalPrograms/InjuryPrevention/index.cfm?module=News>

For more information please contact your local Environmental Health Officer (page 2), the BIA Indian Highway Safety Program at 505-563-5371 or email Patricia Abeyta, BIA IHSP Program Coordinator, at [patricia.abeyta@bia.gov](mailto:patricia.abeyta@bia.gov)



**Duckwater Health Fair  
a Great Success  
Continued from page 1**

ter. Debbie and the Duckwater Health Department did an incredible job of planning and executing



the Duckwater Health Fair. I personally had a life-long dream fulfilled when I got my picture taken with Smokey the Bear and I look forward to next year's Health Fair. If you would like to see pictures of the First Lady's visit to Duckwater, they are available on her websites at [http://firstlady.state.nv.us/DawnGibbons\\_OutAbout2008.htm](http://firstlady.state.nv.us/DawnGibbons_OutAbout2008.htm).

**Molly Madson  
Continued from page 2**

Aside from graduating from college and moving out west, I am also newly married. In our free time, my husband and I love to play baseball, go bowling, and watch Law and Order: SVU on DVD. I also consider myself a huge Cheesehead and love to root for my hometown Green Bay Packers.



# IP Spotlight: Misty Allen

ne of the

most awesome injury prevention partners of the Reno District Injury Prevention Program is Ms. Misty Vaughan Allen. Misty is the Suicide Prevention Coordinator for the State of Nevada in the Office Suicide Prevention.



Misty was born and raised in Reno, NV attending both Hug and McQueen High Schools. She received her Bachelor's in Zoology from the University of California - Santa Barbara and her Master's in Marriage and Family Therapy from good old University of Nevada Reno. Prior to obtaining her masters, Misty served in the Peace Corps in Honduras as a Fish Culturist working with farmers to increase family income and nutrition by farming tilapia.

When asked why she chose her current profession, Misty shared that while in the Peace Corps, a friend and fellow volunteer was sexually assaulted. That experience caused her to change course and I don't think she has ever looked back. While working on her graduate degree, Misty volunteered at the Reno Crisis Call Center as a Sexual Assault Advocate and later served as the Center's Crisis Lines Coordinator for 5 years. During her time as Crisis Lines Coordinator, Misty became not only interested but passionate about suicide prevention. In fact, it is through the grass roots efforts of Misty and other fervent individuals in the State, that the

Nevada Office of Suicide Prevention was established in 2003.

Misty's enthusiasm and zeal for suicide prevention is unmistakably evident to those of us who have worked with her. In May 2006, the Reno District Office sought her assistance having no idea how valuable a resource she would become. Since coming to our aid, Misty has proven to be an asset to our tribal communities by providing training to local high school staff, serving on the Pyramid Lake Wellness Taskforce, assisting with student focus groups, attending community health events, and partnering with IHS and others so that 2-day suicide first aid workshops could be held free of charge. Her most recent contribution was her technical assistance and support of the Indian Health Board of Nevada's (IHBN) Youth Suicide Prevention Grant. See story on page 2 for details. Without Misty's assistance, the grant proposal would never have gotten off the ground, much less submitted. Because of this grant, Misty will be working with more Tribes in an even bigger way.

When not leading the prevention charge, Misty enjoys cooking, water/snow skiing, movies, and hanging out with her family. She is married to a "wonderful Australian man" named Androo and together they have two lights of their life....Luke, 9 and Madelynne who is 6. Their family mottos are "Change the World" and "Never give up".

Please join us not only in thanking Misty but welcoming her as she may be visiting your community. Just look for a warm and caring smile and a sunny disposition. For questions or assistance, Misty can be contacted at 775.684.3475 or via email at [mvallen@dhhs.nv.gov](mailto:mvallen@dhhs.nv.gov).

## What's New in the Coming Months?

By Molly Madson

### OCTOBER

#### Halloween Safety Month

Here are some tips for a safe and happy Halloween:

- ✦ Wait to eat candy until returning home
- ✦ Stop at well lit houses only
- ✦ Wear warm clothes underneath the costume
- ✦ Make sure the costume is not too long so tripping does not occur
- ✦ Carry a flashlight and reflective candy sac
- ✦ Remove objects from the front lawn of your home to prevent tripping
- ✦ Restrain pets when children arrive



For more Halloween Safety tips, please visit:

[www.hap.org/halloweenmonth.php](http://www.hap.org/halloweenmonth.php)

### NOVEMBER

#### National American Indian and Alaska Native Heritage Month

What began as a search for one day of recognition in the early 1900s has since developed into the entire month of November. This nationally acknowledged month, since 1990, is used to recognize tribal cultures and educate the public about the heritage, history, art, and traditions of the American Indian and Alaska Native people.

Please visit [www.ihs.gov/PublicAffairs/Heritage/index.cfm](http://www.ihs.gov/PublicAffairs/Heritage/index.cfm) for more history and information.

#### November 20 – The Great American Smoke Out

Held on the 3<sup>rd</sup> Thursday every November, the Great American Smoke Out encourages smokers to quit smoking for 1 day in the hopes they will quit forever.



For more information and quitting help please visit:

[www.cancer.org/docroot/subsite/greatamericans/smokeout.asp](http://www.cancer.org/docroot/subsite/greatamericans/smokeout.asp)

#### November 22 – National Survivors of Suicide Day

This is a day dedicated to reaching out to those thousands of people who have lost a loved one to suicide. There will

be a 90 minute broadcast from survivors of suicide loss available online. Information, emotional support, and resources will be offered from a mental health professional and the other families. This free webcast will be available from 10-11:30 on Nov. 22, 2008, but last year's webcast is currently available for viewing now.

To see the webcast and learn more about the history of this day, please visit:

[www.afsp.org/index.cfm?page\\_id=fee7d778-cf08-cb44-da1285b6bbcf366e](http://www.afsp.org/index.cfm?page_id=fee7d778-cf08-cb44-da1285b6bbcf366e)

### DECEMBER

#### National Drunk and Drugged Driving Prevention Month

Here are some facts from the Centers for Disease Control and Prevention:

- An alcohol-related motor vehicle crash kills someone every 31 minutes and nonfatally injures someone every 2 minutes.
- Each year, alcohol-related crashes in the United States cost about 51 billion dollars.
- In 2005, 16,885 people died in alcohol-related motor vehicle crashes, accounting for 39% of all traffic-related deaths in the United States.

For more information and facts please visit:

[www.cdc.gov/ncipc/duip/spotlite/3d.htm](http://www.cdc.gov/ncipc/duip/spotlite/3d.htm)



#### December 1 – World AIDS Day

World AIDS Day will be celebrating its 20<sup>th</sup> Birthday this year. This day began in 1988 and is still bringing attention to the global epidemic.

There will be free HIV testing available on 12/1 from 8-3 at the University of Nevada Reno campus. For more local information please visit: <http://www.nnhopes.org/testing.html>

For resources and material please visit: <http://www.worldaidscampaign.org/>

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Free and confidential HIV testing is always available from the Inyo County, CA Health Department and at the Toiyabe Indian Health Clinics. Visit the California AIDS Clearinghouse website for more information: <http://www.hivinfo.org/directory05/inyo05.html>

Confidential HIV testing is available at the Tri-County Health Department in Vernal, UT for \$15.00. Here's the website for all UT locations: <http://www.slvhealth.org/cs/media/pdf/hivtestlocations.pdf>





## Ute Tribe Works to Preserve Life By Holly Billie

### Reno District Rabies Vaccination Clinics On Hold By Gina Pahona

In our last newsletter, we reported that we would probably start our rabies vaccination clinics in September. However, due to the continuation of extenuating circumstances, our US Department of Agriculture (USDA) Veterinarian will not be available until after the first of the year. The Regional USDA was contacted to determine if staff from California would be able to assist us. Unfortunately, the regional office is short staffed and dealing with a tuberculosis issue. When we are able to schedule our clinics, your local environmental health officer will contact the Health Director and/or Tribe regarding scheduling and flyers will be posted. In addition, we will continue to keep you updated via our newsletter. We apologize for having to put our clinics on hold, but the circumstances were unforeseen. If you have any questions, please feel free to contact Gina Pahona, District Environmental Health Officer at 775.784.5327 x237 or via email at gina.pahona@ihs.gov.



Injury data collected by the IHS Office of Environmental Health revealed that suicide was a problem in the Northern Ute Tribe communities in Fort Duchesne, Utah, as it is for many tribal communities across the country. Recognizing that the problem of suicide can not be ignored, the Ute Tribe Injury Prevention Coalition mobilized a community group to address this complicated but pressing issue. Made up of local clergy, tribal employees, health board members, Indian Health Service, non-tribal partners and concerned citizens, the group has been meeting on a regular basis since July 2008.

After much discussion and brainstorming the group decided to develop a community campaign that focuses on awareness of the issues associated with suicide and on resources in the local community.



Another focus area will be to bring life skills training such as how to cope with stress, conflict resolution, and effective parenting to elementary school and high school students and their families. Gatekeeper training and training to learn how to recognize the warning signs are planned for the community. There will be an emphasis on implementing strategies that are proven or promising yet incorporating long-held beliefs of the Northern Ute Tribe.

According to the Centers for Disease Control and Prevention (CDC) the following are facts about suicide:

- Suicide occurs when a person ends their life. It is the 11<sup>th</sup> leading cause of death among Americans. But suicide deaths are only part of the problem. More people survive suicide attempts than actually die. They are often seriously injured and need medical care.
- Most people feel uncomfortable talking about suicide. Often victims are blamed. Their friends, families and communities are left devastated.

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# Ute Tribe Works to Preserve Life

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- Suicide also affects the health of the community. Family and friends of people who commit suicide may feel shock, anger, guilt and depression. The medical costs and lost wages associated with suicide also take their toll on the community.
- How can we prevent suicide?
  - Learn the warning signs of suicide. Warning signs can include changes in a person's mood, diet or sleeping pattern. The American Association of Suicidology ([www.suicidology.org](http://www.suicidology.org)) has detailed information on what to look for and how to respond.
  - Get involved in community efforts. Look for community groups or organizations that may be addressing or is interested in addressing suicide.



## Leonard Brown

From page 5

a Bachelors degree in Civil Engineering. In July 2005, I accepted a position as an Assistant Engineer with the Alaska Native Tribal Health Consortium in Anchorage, AK. During the 2.5 years that I worked for the Consortium, I was heavily involved in discrete design sanitation projects for native communities in the western region of Alaska.



I am a powwow singer with the Bow Guard (Ketoh) Drum from Albuquerque, NM. Recently, we recorded a CD containing 14 songs composed by our drum. I have been singing for 15 years. In my free time, I enjoy hiking, biking and playing basketball.

Many factors can put a person at risk for attempting or committing suicide so addressing this issue can seem daunting. The Ute Tribe Injury Prevention Coalition is commended for bringing community members and mental health professionals together and being willing to put forth the effort to save the lives of community members, young and old. For more information on suicide prevention related topics, visit the web links below or contact your local Environmental Health Officer.

National Institute for Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)

Indian Health Service Suicide Prevention Website  
<http://www.ihs.gov/NonMedicalPrograms/nspn/>

