

Menominee is Fostering Futures

Kepaemehtonenaw

“We all support it and will keep it
going”

Menominee Tribal Clinic



Faye Dodge RN, CDE

Community Health Director

Diane Hietpas, BA

Trauma Informed Care Coordinator

Scott Krueger RD, CD, CDE

DPP Coordinator

Patricia Burr, RN, CDE

SDPI Coordinator

History of Building Our Trauma Informed Community

- SDPI Conferences and Dr. Bullock's presentations on the effects of chronic stress and repetitive trauma
- Menominee County identified as the unhealthiest county in the state of Wisconsin
- Menominee County also the poorest County in the state of Wisconsin
- Menominee County population on latest census 82% Native American

“Bridges Out of Poverty” Trainings

- Initially designed for Menominee Indian School District staff
- District leadership invited community partners to attend
- Dr. Ann Bullock provided key presentations into trainings and other community events
- Community member presentation on Understanding Menominee’s Historic Trauma
- What We Learned: We all share the challenges, we all have a stake in finding solutions

Community Engagement Workgroup

- Started in 2011 with 9 community partners
- By 2016 it has grown to 100 attendees including:
 - Clinics, Schools, Tribal Housing, Law Enforcement, Youth Workers, and more...



Recognition by Robert Wood Johnson Foundation

THE 2015
RWJF **CULTURE of HEALTH PRIZE**

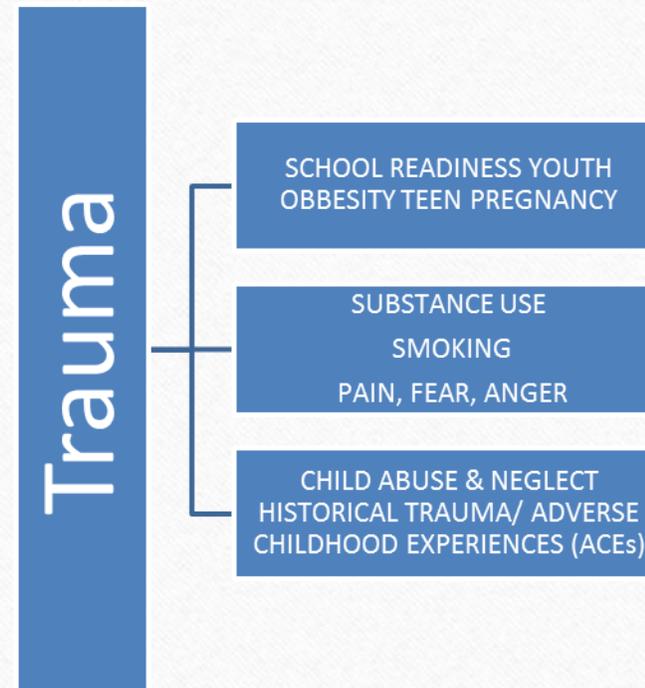
Beacons of Progress for Healthier Places

Building a System to Improve the Health of the Menominee Community



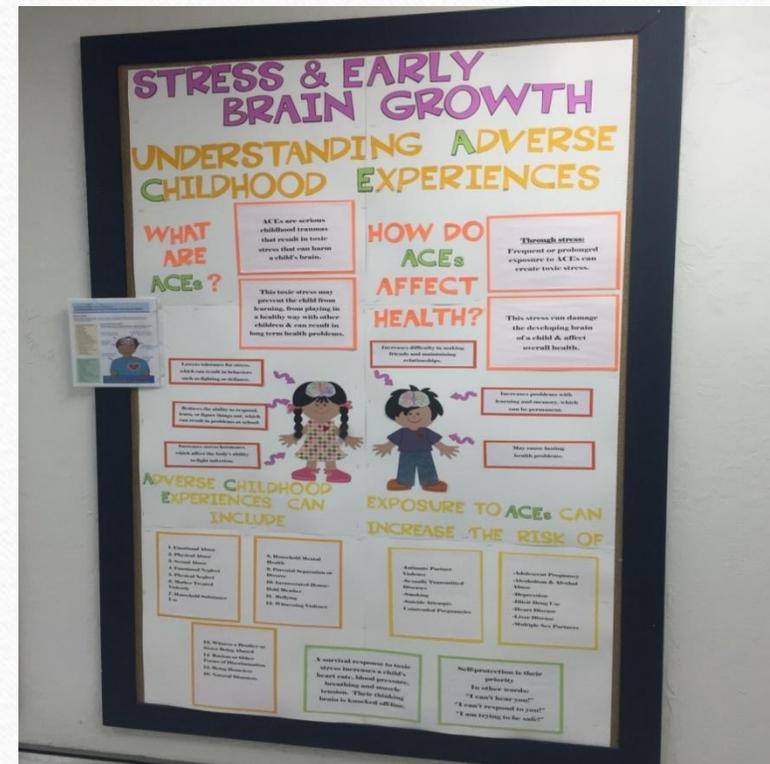
Start With What's Simple and Safe

- Increase community awareness of trauma
- Provide training and workforce development with a trauma focus
- Increase accountability

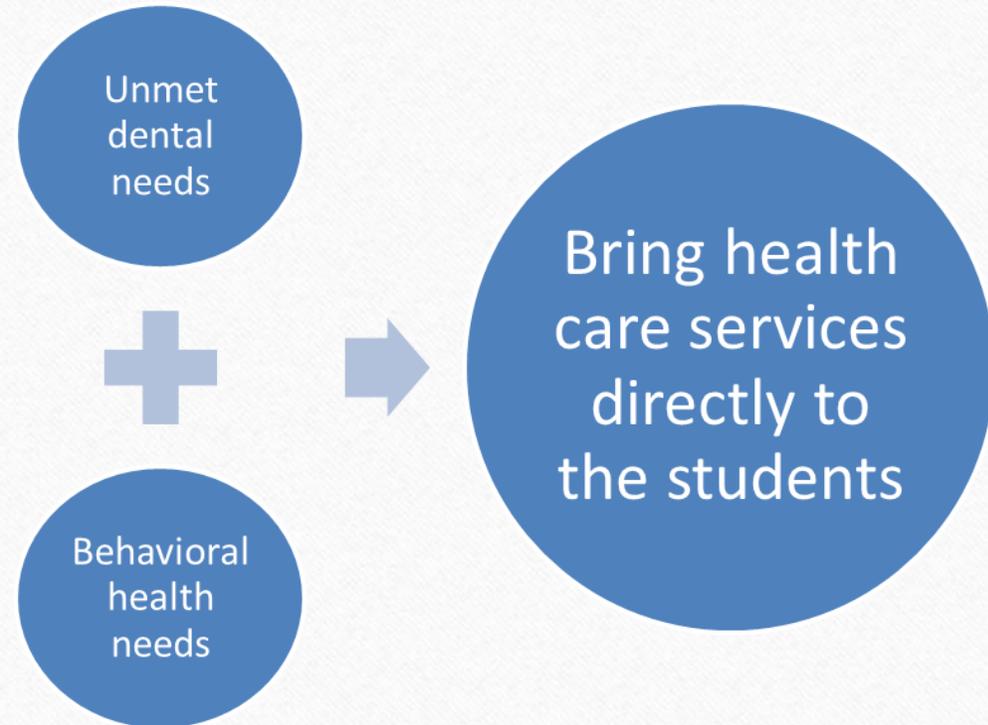


Trauma Informed Care (TIC) Education

- Historical Trauma
- ACEs
- Brain Development
- Secondary Trauma
- Resiliency
- Principles of TIC



Collaboration with the Schools



Resiliency



- Provided consistent resiliency materials to:
 - Clinic and school behavioral health providers
 - Menominee Tribal Social Services
 - Menominee County Human Services
- Materials from Children's Resilience Initiative
- <http://www.resiliencetrumpsaces.org/>



Menominee Tribal Clinic
Parent Screening Questionnaire



Dear Parent or Caregiver: Being a parent is not always easy. We want to help families keep their kids safe. The questions below are about problems that affect many families. If there is a problem we'll try to help. We want to help you be the best parent you can be. Attached is some information you may find helpful.

Please answer the questions about your child being seen today for a check up. This is voluntary. You don't have to answer any questions you prefer not to.

Today's Date: ___/___/___ Child's Name: _____
Child's Date of Birth: ___/___/___

PLEASE CHECK

- | | |
|--|--|
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Do you need the number for Poison Control? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Do you need a smoke detector in your home? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Does anyone smoke tobacco in the home or the car? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | In the last year, did you worry that your food would run out before you got money or Food Share to buy more? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Do you often feel your child is difficult to take care of? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Do you sometimes feel frustrated with your child? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Do you wish you had more help with your child? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Do you often feel under extreme stress? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | In the past month, have you felt down, depressed or hopeless? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | In the past month, have you felt little interest or pleasure in things you used to enjoy? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | In the past year, have you been afraid of your partner? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | In the past year, have you or anyone in the home had a problem with drugs or alcohol? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | In the past year, have you felt the need to cut back on drinking or drug use? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | In the past year, has your child lost someone close to them? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | In the past year, did anyone close to you have a serious injury, illness, or accident? |
| <input type="checkbox"/> Yes <input type="checkbox"/> No | Are there any other problems you'd like help with today? |

Please share some strengths your family uses to deal with difficult times:

Adapted from: University of Maryland School of Medicine

Integration with Medical and Behavioral Health Departments

- Screening for families with infants
- Adapted Safe Environment for Every Kid (SEEK) screen
- Johns Hopkins University Pediatric Integrated Care Collaborative

Trauma Informed Newsletter

- Distributed monthly to 25 local agencies
- Helps us spread the word about trauma informed efforts occurring in the community
- Helps agencies realize this TIC is here to stay and not another passing program



FOSTERING FUTURES
Kepaemehtonenaw
Kepaemehtonenaw

FOSTERING FUTURES

July 2016
Kepaemehtonenaw



Paper Tigers Viewings will be Available

MISD was able to purchase a copy of the movie "Paper Tigers." This movie follows a group of 6 troubled teens through a school year at Lincoln Alternative High School in Washington. The film shows how adversities and high doses of stress experienced in childhood get into bodies, change brains and lead to lifelong problems. Staff at Lincoln realize that the behaviors seen are symptoms of what is going on in the students' lives. The movie shows how one caring adult in the life of a child can change their life. This school is an inspiring example of how trauma informed practices can break the cycle of adversity. If you have a chance to see this movie please attend, you will not be sorry. Watch for upcoming dates and locations.

Mental Health First Aid Offered

Mental Health First Aid training was held at the Menominee Convention Center June 22 and 23. This training helped participants understand the prevalence of mental illness and how it affects all of society. The course taught basic knowledge and skills to respond to individuals in distress. Topics discussed included: depression, anxiety, panic attacks, traumatic events, psychosis, and substance abuse. People that have mental disorders are able to live productive lives; but, sadly only a fraction of those that suffer from a mental illness get professional help. Since one in five Americans have a mental disorder, it is likely that everyone will encounter situations where this training could be put to good use. It is time to remove the stigma associated with these disorders and encourage our friends, family and clients to get the help they need. Thank you to the Tribal insurance department for offering this valuable training.

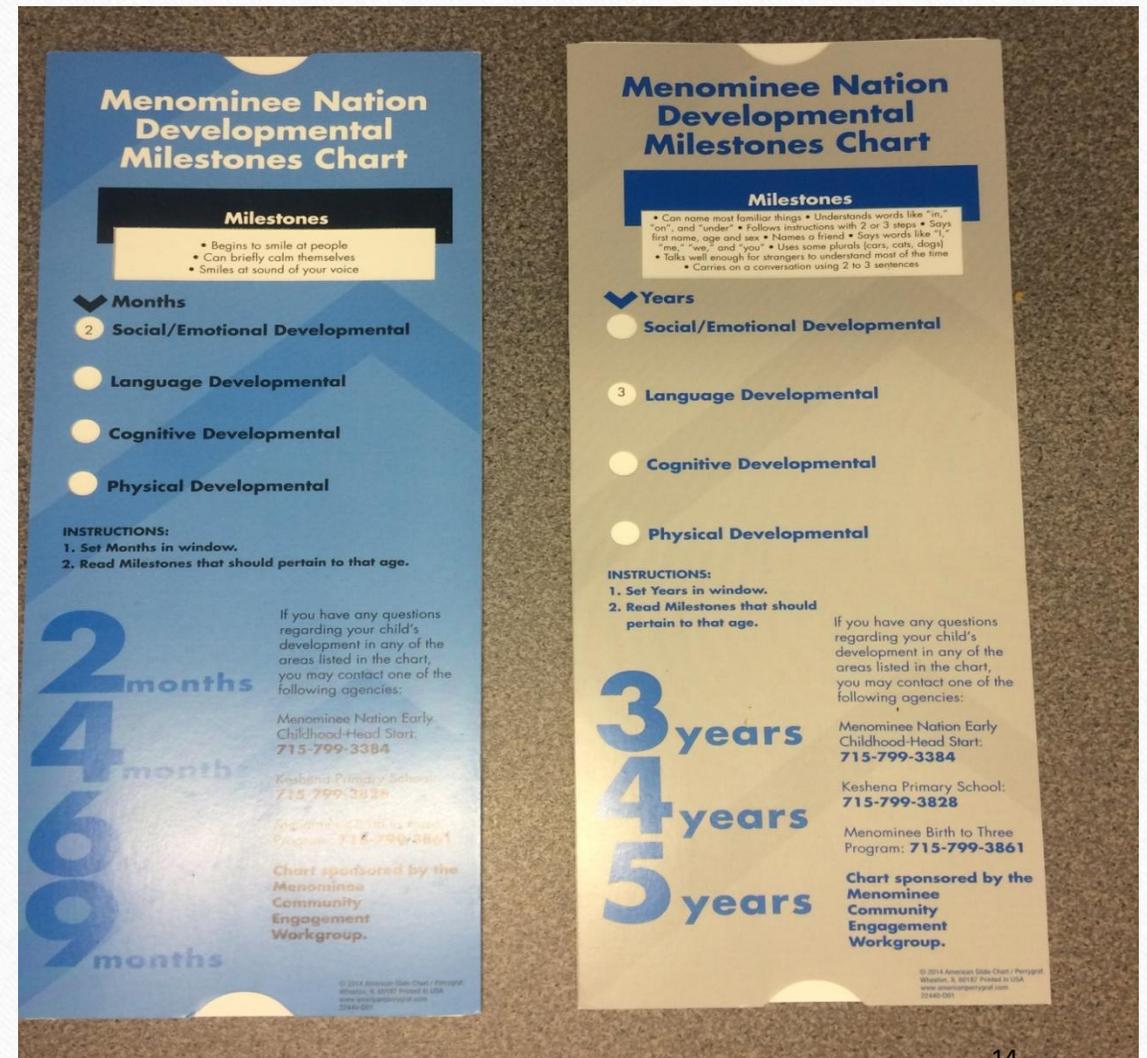
The Fostering Futures Core Team met 6/21/16. We were encouraged to hear all the efforts that are occurring in the community regarding employee wellness. It is so important that employees remember to take good care of themselves. We would like to discuss this topic further at the upcoming Community Engagement Workgroup meeting. If your agency is doing anything to address employee wellness we would like to hear about it.

The next Fostering Futures Advisory Group Meeting will be held Wednesday August 10, 2016 at the Menominee Casino Resort Conference Center. The meeting will begin at 12:30 with lunch being served at 11:30.

If you have any comments or questions about Fostering Futures please contact Diane Hietpas at 715-799-5429 or Dianec@mtclinic.net. Please feel free to forward this information to anyone that may be interested.

Collective Impact at Work

- Menominee Head Start Program
 - Keshena Primary School
 - Birth To Three Program
- Community Engagement Workgroup



Menominee Indian School District

Grandfather Teachings

Generosity
Metakonaewik
You have the ability to give things away

1. Homework - Set a Place & Time
2. Proactive Vs Reactive
3. Finding and Using Resources

Respect
Menacchaewak
Your fellow living beings

1. Elders
2. Self and Others
3. Accept No For An Answer

Bravery
Enaenow
Hold firm in your thoughts and stand strong even when you don't know what will happen

1. Bullying
2. Attend School Regularly
3. Identity

Wisdom
Nepuahkah
I am able to speak well

1. Work Independently
2. Organizational Skills
3. Problem Solving

Truth
Onamwan
You have to look at yourself before you judge someone else

1. Set Goals
2. Accept Criticism
3. Use Appropriate Language

Humility
Tatepahwak
Be humble

1. Identify When Help Is Needed
2. Organizational Skills
3. Problem Solving

Love
Tapānewak
I have to love myself before I can love anyone else

1. Time Management
2. Study Skills
3. Sleep Time

Culture
Tradition
Language

Community Organizing:

“Grassroots at it’s finest”

Spring Feast

Where: South Branch Community Center

When: May 25th 2016

Time: 6pm-8pm

We see firsthand the effects of the Standard American Diet on our bodies and on the health of our family, students, and community members. We cannot fight for our people and our culture if we are sick and sluggish. It is time to reclaim our cultural inheritance and wean our bodies from sugary drinks, fast food, and donuts.

- Dr. Catriona Rueda Esquibel

No Processed Foods!

Potluck Style!

Traditional
Foods!

Demonstrations of Preparing Cultural Foods!

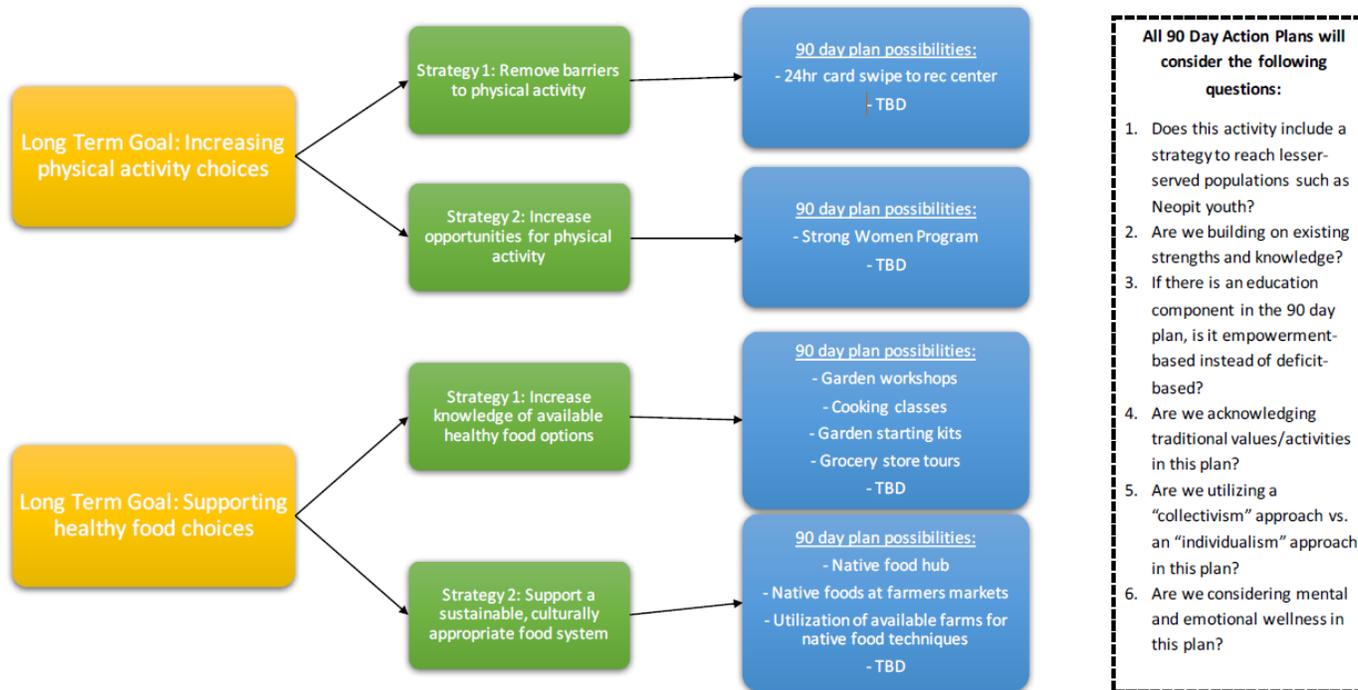
Sponsored by: Menikanaehkem & South Branch Community
More Info: Sandra Wescott (715)853-4727 or Guy Reiter (715) 853-2776

Participation of the Diabetes Prevention Program

DIABETES
MENOMINEE
PREVENTION

Menominee Wellness Initiative Strategic Plan

MENOMINEE WELLNESS INITIATIVE STRATEGIC PLAN



Historic Preservation Garden



Menominee Gardening Initiatives

- Indoor Hydroponic Growing Tower





Menominee Gardening Initiatives (cont.)

Menominee Diabetes Relay

- Largest Wellness Event on the reservation
- 16 Years of Tradition
- Family-based
- Multigenerational

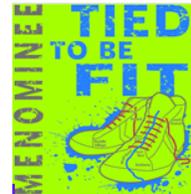
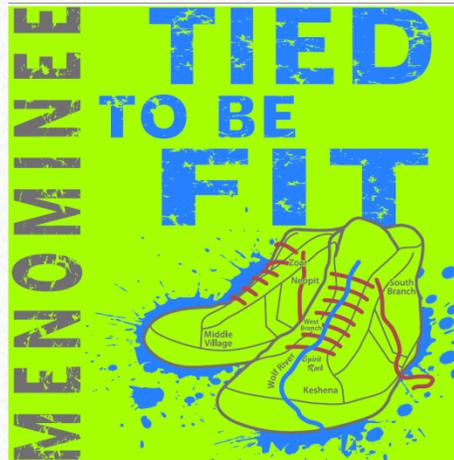


We've Come a Long Way

- First relay had 34 people
- Track was a safety hazard
- Worked with local agencies to get track resurfaced
- Several community fitness events held each year



Menominee Tied to Be Fit Walk



2015 Menominee Tied To Be Fit Walk

Saturday, September 26, 2015

Start and Finish: Menominee High School Outdoor Track
On-line Registration Information will be posted shortly

Distances: Full Marathon (26.2 miles) *(new and improved course)*
½ Marathon (13.1 miles)
¼ Marathon (6.55 miles)
Mini-marathon (2.62) kids/families/Elders

The Menominee Tribal Clinic, in partnership with local agencies, is proud to announce the 2nd annual Tied To Be Fit walking event. On September 26th, hundreds of walkers will be doing their part to show Menominee Nation takes their health seriously. The Tied To Be Fit Walk is a non-competitive event, encouraging walkers of all ages and ability levels. The longer marathon events utilize the scenic Menominee Reservation while passing through downtown Keshena, the clinic, over the Wolf River, and up West Branch Road. Comfort stops are open based on official start times and will be available approximately every 3 miles. Finish line entertainment will be provided as walkers return to the High School track, and participants will be awarded medals. The mini-marathon will be offered for those that just want to walk on the track.

Training Series are Tuesdays July 14- September 22nd

Contact: Scott Krueger Menominee Tribal Clinic 799-5443



Walking Trail



Gardening Project



Menominee Tribal Clinic Diabetes Program

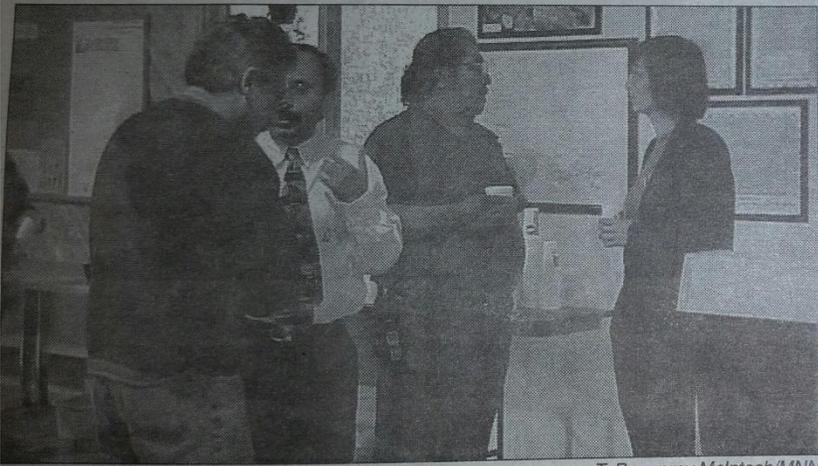


Education & Prevention Efforts

- Community Presentations
- Exercise Events
- Health Fairs
- Education in schools



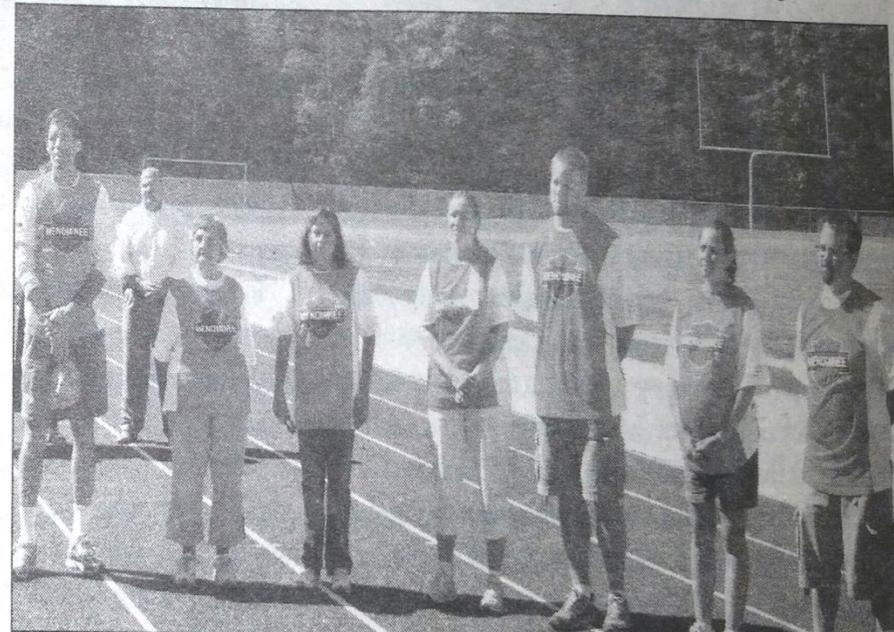
“Rob-Bob” and “Slim Good Body” attend 5th annual diabetes conference



T. Beauprey McIntosh/MNN

Exercise Events

New high school track dedication part of this year's Diabetes Relay



School Education & Health Fairs

KPS students learn the benefits of healthy lifestyles



Our Community Partners

- Menominee Indian School District
- Menominee Casino
- Recreation Center
- Community Resource Center
- Woodland Boys & Girls Club
- CBRF
- Conservation Department
- Food Distribution Program
- Menominee Head Start
- Historic Preservation
- Menominee Tribal Police Department
- Maehnoweskiyah
- College of Menominee Nation
- Menominee County Health & Human Services
- Language and Culture Commission
- Aging Division
- Tribal Day Care
- Veteran's Agency
- Menominee Tribal Enterprises
- 2 Community Senior Centers
- Menominee Tribal School
- Menominee Youth Development Outreach

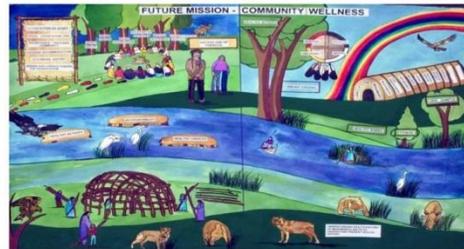
Our Vision for a Health Community

BRIDGES OUT OF POVERTY



Survival Mode

The second picture depicts the redirection of lifestyles and the way people interact with individuals, families, communities, and the land. The weakening of the Medicine Wheel and the loss of traditional balance is depicted by the fading of the Medicine Wheel and the absence of the five clans. The historical experiences of the boarding schools, treaties, and termination, contribute to the current behaviors of disease, family disruptions, addictions, and unhealthy lifestyles. The stepping stones provide a path toward wellness and hope for the Menominee community. Even with stormy skies, the Menominee Spirit provides strength to go on. Strong families, strong leadership, and a strong connection with the land still exist in the people and inspire a determination not to be overwhelmed.



Traditional Setting

The picture depicts a traditional setting before the influences of colonization. The healthy components of the social structure were influenced by elders, grandparents, and values that embraced all of nature. Historically the five major clans were present. Each had a responsibility to the community to keep the harmony of the community flowing. Tribal structures were communal and the importance was not about the "individual", but about the caring of the entire group. The Medicine Wheel exemplified that communities existed in harmony and balance. This is seen by the four elements of the Wheel presenting as clear and strong. Tribal members participated in healthy activities such as hunting and the gathering of food that Mother Earth provided. Physical activity was a natural part of their daily life.



Future Mission – Community Wellness

The final picture depicts the future of how the Menominee Community achieves wellness. The journey to this state of wellness is already happening. Menominee's have been regaining control. Community wellness is being reclaimed by the enduring strengths of Menominee people who have never stopped embracing family, friends, the land, nature, and their culture. Strengthening traditional values (the presence of the five clans) will reinforce respect for elders, the family unit, children, and nature. These strengths will be the stepping stones for the future. The Talking Circle represents clinic staff whose goal is to participate and provide a service for community members to be able to "be well" in all aspects of their life. Embracing traditions will lead to accountability, healthy choices, and healthy lifestyles.

"The further back we go on the chain of events that leads to a problem, the stronger the healing can be." - Hilary "Sparky" Waukau

Some parting words...

Everyone you meet is
fighting a battle you
know nothing about.

Be kind.

Always.

Believe

Thank You!

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