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

Beacons of Progress for Healthier Places
Building a System to Improve the Health of the Menominee Community

Kepæmehtonenew

GOAL

To strengthen resiliency through culture, acknowledging trauma informed care and bringing ACES education to our 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

- Unmet dental needs
- Behavioral health needs

Bring health care services directly to the students
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/](http://www.resiliencetrumpsaces.org/)
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

Paper Tigers Viewings will be Available

MHSC was able to purchase a copy of the movie “Paper Tigers.” This movie follows a group of 6 children over through a school year at Lincoln Alternative High School in Washington. The film shows how adversity 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.

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.

If you have any comments or questions about the Trauma Informed Newsletter, please contact Debbie Haufler at 715-399-5625 or Dementia@milweb.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

Culture Tradition Language
Community Organizing:

“Grassroots at it’s finest”
Participation of the Diabetes Prevention Program
Menominee Wellness Initiative Strategic Plan

**MENOMINEE WELLNESS INITIATIVE STRATEGIC PLAN**

**Long Term Goal: Increasing physical activity choices**
- Strategy 1: Remove barriers to physical activity
  - 24hr card swipe to rec center
  - TBD
- Strategy 2: Increase opportunities for physical activity
- Strategy 3: Increase knowledge of available healthy food options

**Long Term Goal: Supporting healthy food choices**
- Strategy 1: Support a sustainable, culturally appropriate food system
- Strategy 2: Native food hub
  - Native foods at farmers markets
  - Utilization of available farms for native food techniques
  - TBD
- Strategy 3: Garden workshops
  - Cooking classes
  - Gardens starting kits
  - Grocery store tours
  - TBD

**90 day plan possibilities:**
- Strong Women Program
  - TBD
- Garden workshops
- Cooking classes
- Gardens starting kits
- Grocery store tours
- TBD

All 90 Day Action Plans will consider the following questions:
1. Does this activity include a strategy to reach lesser-served populations such as Neopit youth?
2. Are we building on existing strengths and knowledge?
3. If there is an education component in the 90 day plan, is it empowerment-based instead of deficit-based?
4. Are we acknowledging traditional values/activities in this plan?
5. Are we utilizing a "collectivism" approach vs. an "individualism" approach in this plan?
6. Are we considering mental and emotional wellness in this 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)
- 1/2 Marathon (13.1 miles)
- 5K Marathon (3.1 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 15 - September 22nd

Contact: Scott Klueger 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
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

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 enhanced all of nature. Historically, the four major clans were present. Each had a responsibility to the community to help keep 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 community 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 dancing 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 Metis Community achieves wellness. The journey to this state of wellness is already happening. Metis have been regaining control. Community wellness is being reclaimed by the enduring strengths of Metis people who have never stopped entrusting 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 civic 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.
Thank You!

Faye Dodge
fayed@mtclinic.net
715-799-5440

Diane Hietpas
dianec@mtclinic.net
715-799-5429

Scott Krueger
scottk@mtclinic.net
715-799-5443

Patricia Burr
patriciab@mtclinic.net
715-799-5759