



TIPCAP NEWS

December 2018

Newsletter for the Tribal Injury Prevention Cooperative Agreement Program (TIPCAP)



Happy Holidays and welcome to the December issue of the TIPCAP Newsletter.

The theme for this issue is partnerships. As with most injury prevention efforts, the TIPCAP works best when executed with successful partnerships and collaboration. Often, tribal community injury problems or issues are too large and complex for any one organization or program to tackle. In these circumstances, working with a group of individuals from diverse backgrounds and disciplines can be an effective strategy for mobilizing individuals to action and for changing policies that are needed to address the problem or achieve the goal. This issue features a few of the many examples of current TIPCAP partnerships.

Have a safe and happy holiday season.

Ahéhee' (thank you),

Holly Billie

Injury Prevention Program Manager
Indian Health Service
Holly.Billie@ihs.gov

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Ramping up Community Partnerships

Jicarilla Apache Nation utilizes a community-based approach to identify elders in need

Since he was first awarded the STIPCAP grant, Chris Holyfield, Injury Prevention (IP) Coordinator for the Jicarilla Apache Nation, has recognized the importance of partnerships. Jicarilla Apache Nation's IP program aims to prevent elder falls through installing ramps, grab bars, and night lights in homes. By August 2020, he hopes to have decreased senior slips and falls by 15% among Jicarilla Apache senior residents.

Recognizing that he would not achieve these goals alone, Holyfield formed the Jicarilla Apache Senior Slip & Fall Prevention Coalition, a workgroup dedicated to identifying elders in need and providing them with safety equipment or removing fall hazards. The Coalition is made up of representatives from various groups, including the Jicarilla EMS, the Dulce IHS Clinic, the Jicarilla Tribal Maintenance group, Jicarilla Construction, and the Jicarilla Community Health Representative (CHR) Department, among others. The diverse workgroup is pooling their skills and resources to both identify and aid elders in need. Holyfield reports that "it was imperative to include the [first] responders from town, as they have access to the confidential medical information and needs of our elders."

The group first met in October 2017 to establish criteria for selecting elders to benefit from the program. The selection process was based around reports by departments who work with the seniors on a daily basis, says Holyfield. With these guide-

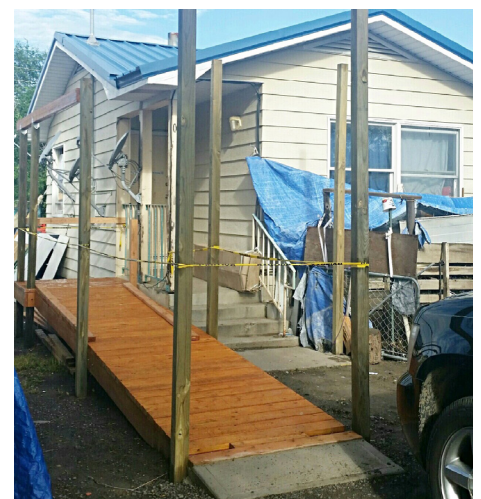
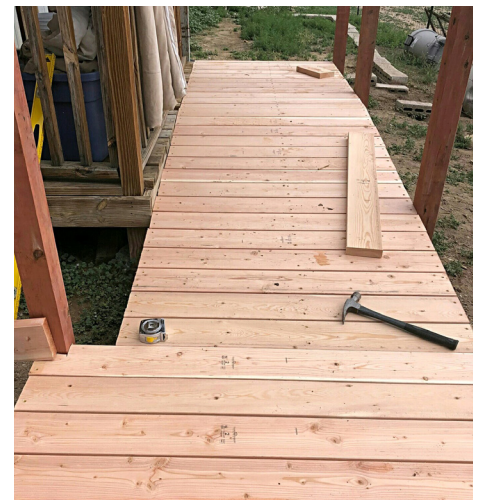


lines in place, the group selected six seniors who fit the criteria of the program and got to work building ramps for their homes. The group now meets bi-monthly to select elders who will most benefit from the program.

News of the group's success in providing needed safety improvements to elders' homes traveled quickly through the community—the group's services are now in high demand. According to Holyfield, "once people in the community saw the ramps being built and the quality of the work through the program, we had many more potential seniors wanting to know how they could obtain one."

Having completed six ramps so far, with plans to install many more, Holyfield is starting to see the impact of his hard work. It's great what the TICAP program offers to communities," he says. "It really was a blessing that allowed me to assist seniors with their mobility, especially when our own Tribal funding was not able to do so. I take great pride when I walk by a completed ramp and know that I helped one of our seniors."

Above and below: The first three ramp-building projects completed through the group's efforts.



Expanding Reach through Partnerships

Choctaw Nation works with programs in their division to educate as many people as possible

Keosha Ludlow, Director, Injury Prevention Program

The Choctaw Nation of Oklahoma's Injury Prevention Program (IPP) is focused on educating driving-age students about the dangers of distracted driving and the importance of safety belt use. We work with three area high schools (Battiest, Rattan, and Wright City Public Schools) where the Native American population is highest and are the most rural areas of our tribal service area. To reach these students, we partner with programs serving youth and young adults in these areas.

Our IP program is one of a few programs that works under the division of Outreach Services. It is our goal to work with these other programs in order to educate students and tribal members on as many subjects as possible. For example, as a part of a

partnership with Chahta Himmak Pila Pehlich (CHPP), "Choctaw Future Leaders," we educate students aged 14-24 who participate in the CHPP after-school tutoring program. By partnering with CHPP, we have more access to students and can take part in different activities. For example, we participated in archery activities with the students as part of another after-school program hosted by the CHPP program in all three locations. We have also partnered with David Lindly, Program Specialist from Children Matter Program, to host a special event to reach out to the community and others in the local areas around these schools.

We've found that through sharing our activities with other programs, we've learned more about theirs and

discovered new ways to build these partnerships. Also, by expanding our partnerships, we build a good reputation and increase awareness of our program in the local community.

Our Injury Prevention Program seeks to educate and make a difference to our youth and reach out to as many members of the tribal communities as possible. These partnerships help us reach more people. It's my opinion that if we can make a difference in just one life, maybe the information they got from our efforts will be shared with another. If it saves even one life, we have accomplished our goal.

Data Collection with Choctaw Nation's IPP

In addition to education, Choctaw Nation IPP administers a pre-survey and post-survey to help compile data on distracted driving, texting and driving, and safety belt use among this important age group. To date, they've received 247 pre-survey responses and 47 post-survey responses, with more post-surveys anticipated in November.



Students learn about the dangers of distracted driving with Choctaw Nation IPP through a partnership with an after school tutoring program.

Coalition Building

AASTEC works as part of a statewide collaborative to deliver CPS education

Jerrold Moore, Injury Prevention Program Coordinator

In September 2018, Safe Kids Worldwide partnered with Graco, a child safety seat company, on a community-based child passenger safety initiative with rural and tribal communities. The New Mexico Safe Kids Coalition was one of thirteen states chosen to participate in a grant opportunity to address child passenger safety in underserved communities. This statewide collaboration included partnerships with Jerrold Moore, Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC); Jerry Lee, Albuquerque Area Indian Health Services (IHS); Katherine Schafer, University of New Mexico (UNM) Department of Emergency Medicine/Pediatric, and Helen Sisneros, UNM Trauma Services and Injury Prevention.

In a four-week time frame, the New Mexico collaborative was able to distribute 48 seats to community members from six different communities (Zia Pueblo, Sandia Pueblo, Santa Ana Pueblo, Laguna Pueblo, Nambé Pueblo, and Santa Clara Pueblo), as well as underserved communities in Bernalillo County. Distribution of these seats involved local car seat checkups that provided education to over 62 families and checked 68 seats. There were 39 child passenger safety technicians and instructors who put in 132 volunteer hours to complete this project. Final numbers and outcomes will be shared by Safe Kids World Wide in January 2019.



Through the efforts of the New Mexico Safe Kids Coalition, **39** child passenger safety technicians and instructors were able to educate over **62** families and check **68** car seats.

Booster Bash helps parents understand importance of safety seats for older kids

Teri De La Cruz, Injury Prevention Specialist



“ We try and make it clear that every child needs to be safe at every stage of their life.”

The Gila River Indian Community (GRIC) Injury Prevention Program (IPP) hosted a “Booster Bash” as part of the Native Health Open House, an event hosted in October 14 at Native Health in Phoenix, Arizona. The Booster Bash event focused on educating parents about the importance of child safety seats and was the work of Teri De La Cruz, IPP Specialist (GRIC), Verena Jackson, IPP Specialist (GRIC), and Susan Levy, Coordinator (Native Health).

The Booster Bash was intended for urban GRIC members and other tribes in the area who cannot easily access services in the Gila River Indian Community. The Community is approximately 25 miles south of Phoenix, so the collaboration with Native Health created an opportunity to make it easier for urban community members to attend the event.

The event raised awareness that not just infants, but older children need car seats or booster seats too. Teri De La Cruz noted that many of the parents who attended were surprised to find out that their child still needed to be in a booster seat or that there are height and weight requirements that must be met before children should be out of child restraint. “We try to make it clear that every child needs to be safe at every stage of their life,” says Teri.

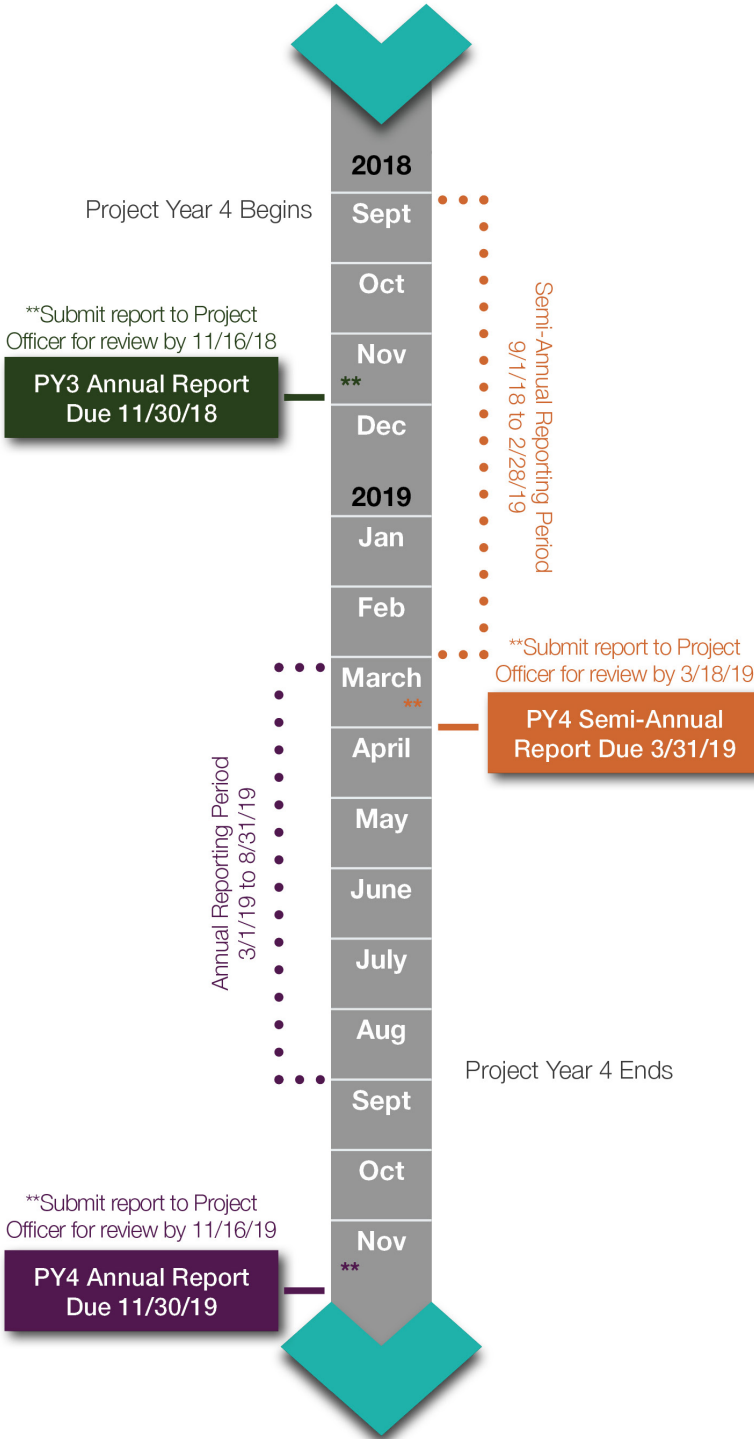
Overall the event was very successful and so was the partnership with Native Health. **They distributed 70 high back booster seats!** Events like these help to spread the message of child passenger safety to community members that may have less access to GRIC services. GRIC IPP plans to continue this work with urban community members by offering additional trainings and distributing more safety seats.

Teri was very proud of the success of the Booster Bash. “It is always a great feeling to help spread education and awareness to parents on child passenger safety and to explain the importance of properly securing their children in their car seats.”

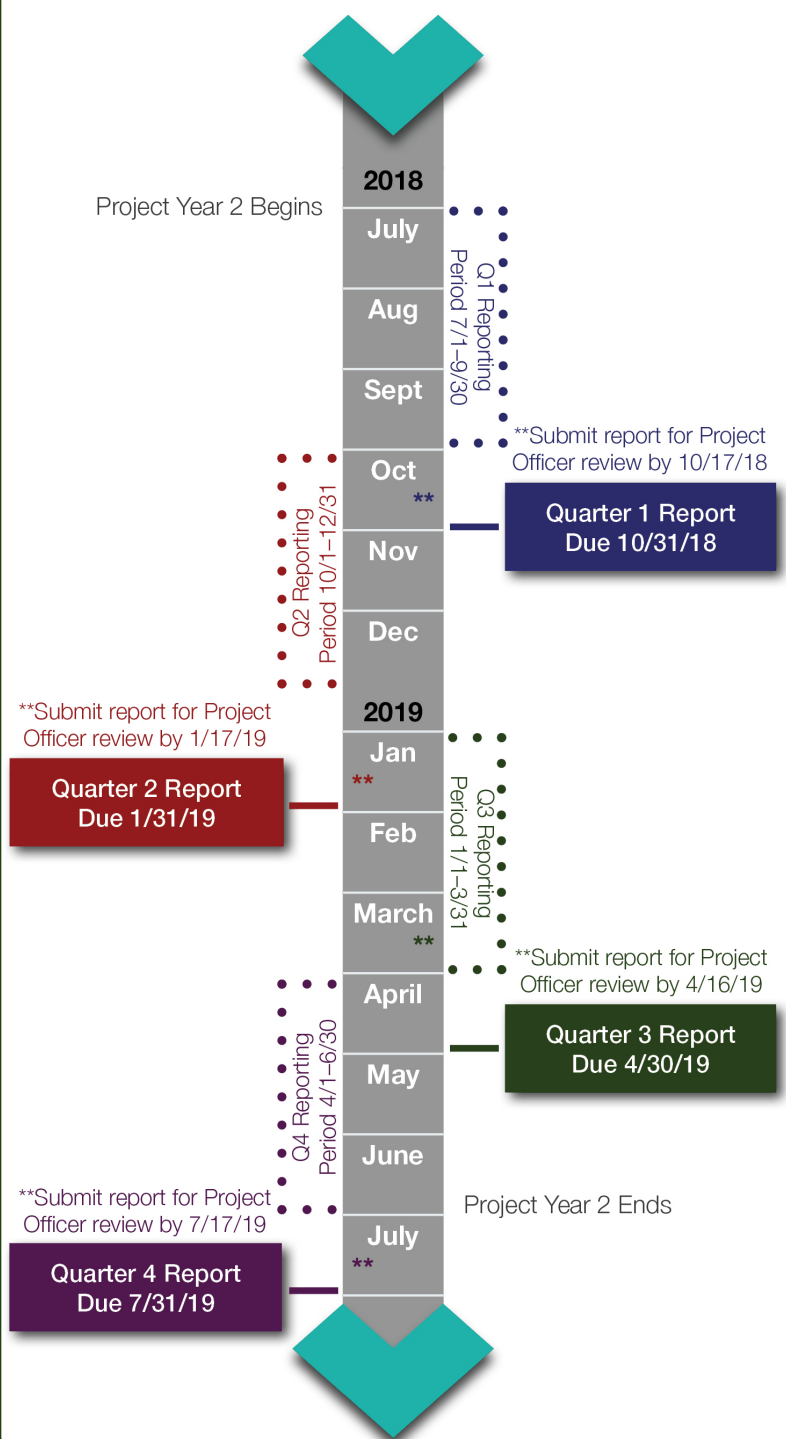
Reporting Timelines

Quarter 2 Reports due for Project Officer review January 17
 Semi-Annual Reports due for Project Officer review March 18

TIPCAP Project Year 4 Part I & Part IIA Sites (FY15-20)



TIPCAP Project Year 2 Part IIB Sites (FY17-20)



Comanche Nation invites youth to imagine real-life dangers of distracted driving

Bonita Paddyacker, Injury Prevention Coordinator

Disclaimer: All photos are of a re-enactment for educational purposes and are not photos of real car accident victims.



The Comanche Nation Injury Prevention Program (CNIP) held the 6th Annual Pre-Prom Car Crash Simulation at the Comanche Nation Watchetaker Hall on March 29, 2018. We had responders from the Comanche Nation Emergency Management Core Team, Comanche Nation CHR/EMS, Comanche Nation Law Enforcement, Oklahoma Highway Patrol, Comanche Nation Wildland Firefighters, Apache Ambulance, Rush Springs Fire and Rescue, Wichita Mountains Volunteer Fire Department, Comanche County Memorial Hospital Air Evacuation, and Comanche Nation Funeral Home.

We invited five area schools to attend the event (Apache High School, Elgin High School, Geronimo High School, Lawton High School, and Riverside Indian School). We offer participation in the car crash to students that

would like to play a victim in the car crash. We had eight students from different schools participate in the March 2018 Pre-Prom Car Crash Simulation. Nearly 100 students attended as well as 27 adults.

Since we do not live on a reservation and our children attend schools in different areas of the county, we include all the youth in our area to attend any event that the CNIP provides. Through the hands-on training with the Pre-Prom Car Crash Simulation, we provide education on distracted driving and are able to reach many youth that attend from area schools.

In addition to viewing the car crash simulation, attendees were asked to vote in a poster contest on distracted driving offered by Comanche Nation IPP. The poster contest was opened to youth in the community.

We received 22 posters from Riverside Indian School and one from Walters High School. The posters were displayed at the car crash simulation event and were voted on by the students and staff who attended.

The design that received the most votes says “Don’t Let Your Drinks Drive You” and shows a picture of a bottle behind the wheel of the car. The first place winner of the contest received \$500, second place received \$300, and third place received \$200. The first place winner’s poster was also printed on 100 sports shirts that were distributed to the winners, contestants in the contest, and students of area schools in May 2018.

The winners of the contest were very excited to see their accomplishments, and we are very proud of the posters and the winners.

*Please
welcome*

TIPCAP's newest Tribal Injury Prevention Coordinators

Lisa Herritz joins Ho-Chunk Nation Injury Prevention Program as the new Environmental Health Preparedness & Prevention Coordinator

My name is Lisa Herritz. I am the new Ho-Chunk Nation Environmental Health Preparedness & Prevention Coordinator. Relevant to this position, my previous experience in health care includes direct patient care and in-home care. I additionally have experience in manufacturing and in the automotive industry, including quality assurance, foundry engineering, drafting/design, and project management.

I live in New Lisbon, Wisconsin with my fiancé Jeff. Together we have three adult children Allan, Thor, and John. We have two dogs Max and Shelby, who together keep us on our toes. Outside of work, I enjoy walking, water aerobics, yoga, crafting, and card making.

My role in the Environmental Health Department is focusing on the Ho-Chunk Nation Motor Vehicle Injury Prevention Program (HCN MVIPP), which has two primary aims: to decrease distracted driving rates in Ho-Chunk Tribal communities and increase safety belt and child safety seat use. Specially, we hope to decrease distracted driving rates by 3% during the 2018-2019 project years and maintain or increase safety belt use rates (currently at 89.7%) and child safety seat use rates (currently at 78.4%) in Ho-Chunk Tribal communities.

In the 2018-19 project years, we intend to address distracted driving by exploring new development, implementation, and updates to our mass media campaigns, consisting of our billboards, Tribal papers, local radio, and other communication channels.

This is exciting to be working and representing the Ho-Chunk Nation. I am looking forward to meeting each and every one of you.

Amy Hagen joins the IPP of the Washoe Tribe of Nevada and California as the new Injury Prevention Program Coordinator



Amy is a resident of Gardnerville, Nevada and comes to us from many years of home health nursing, most recently in the Northern Nevada area. She is a licensed practical nurse and also earned a bachelor's degree in American Studies from San Jose State University. Over the years, she has worked with people from various ages, cultures, and socio-economic backgrounds. This will be Amy's first experience working with a native community. Amy is eager to learn more about the Washoe culture, to get to know the members of the community, and to build relationships that will help to increase the health and safety of the people. Welcome Amy! We're so glad you're here!



**SAVE
THE
DATE**

IHS/TIPCAP Events in 2019

Annual Workshop for Part I TIPCAP Sites

July 22, 2019 in Denver, Colorado

**American Indian & Alaska Native Injury
Prevention Conference**

July 23-25, 2019 in Denver, Colorado

More information coming soon



**COMING
SOON**

IHS IP Fellowship Program Restart!

The IHS Injury Prevention Program is pleased to announce that the Injury Prevention Epidemiology (EPI) Fellowship Program will occur from 2019 to 2020. In early January 2019, a call for applications will be distributed, with applications due by early March. The selection of Fellowship participants will occur by early April 2019 and the first in-person session of the 2019-2020 Fellowship class is expected to be held in June 2019. Updates about the Fellowship will be posted to the IHS IPP training program's Fellowship page in early January 2019. Consider visiting the page now to learn more about the EPI Fellowship Program.

<https://www.ihs.gov/injuryprevention/training/fellowshipprogram/>



Elders increase strength and stability with exercise program offered by the IPP of the Shoshone-Paiute Tribe of Duck Valley

Eliza Filene called Elizabeth Sam of the Shoshone-Paiute Tribe of Duck Valley to hear her reflections on the injury prevention program's first ten-week elder exercise class, which was completed in mid-November. Despite initial challenges, the class was a great success. Here are some highlights from their conversation.

Tell me about the ten-week elder exercise class you just finished up. What was the purpose of the class?

The elder exercise class met for one hour, three times per week at the local senior center. On average, we had about 13 to 14 folks in attendance at each class. Our goal was to improve the elders' physical strength, balance, and gait. Teaching the class was myself, Robin Lozano, and Doreen Dixon...so we had a CHR, and RN, and an LPN leading the course!

What was your favorite part about teaching the exercise class?

My favorite part of teaching was most definitely the interaction with the elders. Getting to share laughter and fun music together in such a regular way—we just have a good old time!

That sounds like fun! What kind of music do you listen to?

We have a majority-native class and the seniors love to listen to native music. They love the Circle Dance and the Pow-Wow style of music. I keep that music on my phone at all times, so I can always be ready to play it so they can feel good about exercising.

Did you track the elders' progress throughout the course?

Yes, we did a pre- and a post-class survey. In the post-class surveys, a lot of people answered that they had increased their strength. They feel stronger, can more easily get up out of a chair, and are more stable on their feet. We were doing a lot of yoga, and many of the participants have never done this type of exercise before. They reacted very positively to it.

What was one of your favorite success stories?

I had one individual in particular who had recently gone through a medical procedure to lose weight. She began taking the exercise course in parallel with her medical care and lost a lot of weight. Exercising regularly helped her tremendously, and I loved seeing that.

What lies ahead?

We are planning to do another 10-week session in January. We've already done the pre-class tests, including the 30-second sit and stand and a four-stage balance test. I'm excited to see how the participants grow and change throughout the class. They keep asking, "When are we going to start? When are we going to start again?"



Jerrod Moore (AASTEC) Receives a Major Award

Jerrod received the IHS Community Injury Prevention Award in recognition for his injury prevention work in the Albuquerque Area

Jerrod Moore, Injury Prevention Coordinator for the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC), won the Community Injury Prevention Award. Jerrod was honored “for sustained superior service and achievement beyond the scope of an individual’s regular duties that has contributed substantially to the accomplishment of the IHS mission.”



Happy Retirement to Jerry Lee

After 30 years of federal service, Jerry Lee, Albuquerque Area Injury Prevention Specialist, will retire on December 31, 2018.

Born and raised in Flint, Michigan, this Eagle Scout attended the pre-Pharmacy program at Ferris State College in 1974, later transferring to the Environmental Health Program. Besides working campus night security, he worked a summer in 1980 with the Michigan Department of Agriculture, inspecting migrant housing units.

From 1982 to 1984 Jerry was a county sanitarian in Miami, Florida, inspecting asbestos in homes and confiscated marijuana ships, and surveying trailer parks and U.S. Immigration & Naturalization Service (INS) refugee facility housing. It was at the INS facility where he met PHS staff who worked at the outpatient medical facility, and found out about the IHS. Shortly thereafter Jerry began working as a 638 Tribal Sanitarian at the Fort Peck Reservation in Montana. He joined IHS in 1988 as the Billings Area Injury Prevention Specialist.

When first seeing Albuquerque and Santa Fe while attending the 121 OEHE Orientation course, Jerry vowed to live in New Mexico someday. In 1990 Jerry was hired as the Albuquerque Area Injury Prevention Specialist. He has remained in the position since then and counts tribal child passenger safety and tribal elder fall prevention among his greatest accomplishments. Jerry is also a graduate of the 1988-1989 IP Fellowship Class.

What are Jerry's plans for retirement? As an enthusiastic traveler, Jerry's GSS Plan ("Go see stuff") includes heading to faraway castles, cathedrals, museums, and mountains.

Congratulations, Jerry!





“ I am excited to continue pursuing my passion for health equity through helping TIPCAP grantees.

Eliza Filene joins CAIANH/TIPCAP Team

My name is Eliza Filene, and I am the newest member of the TIPCAP team here at the University of Colorado Denver’s Centers for American Indian and Alaska Native Health (CAIANH). I am excited to serve you by coordinating and responding to your technical assistance needs. I have greatly enjoyed getting to know you through chats over the phone and email, and I look forward to meeting more of you as the year progresses.

I graduated from the University of North Carolina at Chapel Hill in May 2018, where I majored in public policy and minored in entrepreneurship and chemistry. My past experiences in injury prevention and health promotion include research about opioid use in North Carolina, as well as community education and research around diabetes in rural Georgia and North Carolina. Through these efforts I learned that sustained effort and personal connection can lead to significant results. I am excited to continue pursuing my passion for health equity and injury prevention through helping TIPCAP grantees make a difference in their communities.

Thank you for your warm welcome thus far, and I look forward to what the rest of the year brings.

Best wishes,

Eliza

You can contact Eliza through email at eliza.filene@ucdenver.edu or by phone at 303-724-0734

Injury Prevention Conferences

Lifesavers Conference

March 31-April 2, 2019 in Louisville, Kentucky
<https://lifesaversconference.org/registration/>

Society for Advancement of Violence and Injury Research (SAVIR) Conference

April 1-3, 2019 in Cincinnati, Ohio
<http://savirweb.org/>

Aging in America Conference

April 15-18, 2019 in New Orleans, Louisiana
<https://www.asaging.org/aging-in-america>

Safe States Alliance Annual Meeting

Sept. 11-13, 2019 in Atlanta, Georgia
More info soon at <https://www.safestates.org/page/AnnualMeetings>

Injury Prevention Trainings

Search trainings offered by SafeKids

<https://cert.safekids.org/>

Check the IHS website for future trainings

<https://www.ihs.gov/ehsc/classes/>

Registration opens Jan. 2019 for John Hopkins Center for Injury Research & Policy Summer Institute courses

<https://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-injury-research-and-policy/what-we-do/training-and-education/summer-institutest.html>



REMINDER: December is National Impaired Driving Prevention Month

*The season between Thanksgiving and New Year's Day is "one of the deadliest and most dangerous times on America's roadways due to an increase in impaired driving." **Here are some resources to help share this important message with your communities.***

U.S. Department of Transportation's Traffic Safety Marketing division offers free materials:

<https://www.trafficsafetymarketing.gov/get-materials/drunken-driving/drive-sober-or-get-pulled-over/holiday-season>

National Highway Traffic Safety Administration's "Drive Sober or Get Pulled Over" online resources:

<https://one.nhtsa.gov/drivesober/>

CDC's *Tribal Motor Vehicle Injury Prevention: Best Practices Guide 2016* is also a good place to start:

https://www.cdc.gov/motorvehiclesafety/native/best_practices_guide.html



ASK ELIZA

Each issue, Eliza answers frequently asked technical assistance questions

Have a question you'd like Eliza to answer?

Send her a request at eliza.filene@ucdenver.edu.

She'd love to hear from you!

One topic that comes up regularly is the subject of building community partnerships. I had fun compiling this list of possible partners based off of TIPCAP grantees' work plans and past successes. Please also see the resources section for a few articles highlighting the importance of partnerships in effective health interventions.

Education and Community Organizations

- Healthy Start, Head Start, or other early childhood education programs
- Local area schools
- Tribal business councils and local businesses
- Elder/senior centers
- Housing departments
- Social Services
- Fire departments
- American Indian Center

Health Systems

- Health departments
- Existing injury prevention programs
- Tribal health consortiums or tribal area health corps
- Clinics or doctors' offices (e.g., optometry centers and OB/GYNs)
- CHR and nursing departments (e.g., for referrals)
- Tribal wellness programs
- Pharmacists (e.g., medication review)
- Emergency medical services (EMS)
- Dept of Environmental Health
- Physical therapists
- Material/child health programs
- Hospitals (e.g., emergency dept data)
- Health clinic maintenance staff

Outside Consultants

- Tribal colleges (e.g., specialists/groups for trainings)
- Epidemiologists from health depts or universities
- Tribal epidemiology center

Policy and Justice Groups

- Tribal council
- Law enforcement/police (tribal, country, state levels)
- Juvenile detention programs
- Tribal courts
- Attorney general's office

Spreading the Word

- Local radio stations or news channels
- Newspapers or newsletters
- Social media channels
- Health fairs



Building Partnerships

The Community Guide

“The Guide to Community Preventive Services (The Community Guide) is a collection of evidence-based findings of the Community Preventive Services Task Force and has many resources that are helpful for planning, preparing, and maintaining partnerships.”

www.thecommunityguide.org

The Community Toolbox

We’ve mentioned the The Community Tool Box before, but it’s a great free, online resource! The “Creating and Maintaining Partnerships” toolkit “provides guidance for creating a partnership among different organizations to address a common goal.”

<https://ctb.ku.edu/en/creating-and-maintaining-partnerships>

Developing Effective Coalitions: An Eight Step Guide

“The Eight Steps to Effective Coalition Building is a framework for engaging partners in addressing community concerns. It offers concrete steps towards building effective partnerships and provides tips for making collaborations work.”

<https://www.preventioninstitute.org/publications/developing-effective-coalitions-an-eight-step-guide>

Transforming Public Health Through Community Partnerships

“This special issue of the CDC’s *Preventing Chronic Disease* highlights health education as a core function of public health. This editorial describes the experience in transforming public health in Oklahoma and achieving successful health education and health promotion initiatives through community partnerships.”

https://www.cdc.gov/pcd/issues/2005/nov/05_0072.htm

The Value of Injury Prevention Partnerships in Indian Country

From *The IHS Primary Care Provider*, this case study “relates how partnerships including tribal, IHS, state, and national collaborators have contributed to one tribe’s many injury prevention initiatives over more than two decades.”

https://www.cdc.gov/pcd/issues/2005/nov/05_0072.htm

TIPCAP CONTACT LIST

TIPCAP Site	Part	Project Officer
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Alaska Area

Bristol Bay Area Health Corp Kurt Buttelmann KButtelmann@bbahc.org	Part II	Chris Fehrman
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Albuquerque Area

Albuquerque Area Indian Health Board Jerrod Moore jmoore@aaih.org	Part I	Travis Bowser Travis.Bowser@ihs.gov
Jicarilla Apache Nation Chris Holyfield Holyfield.Chris@yahoo.com	Part II	Brook Burrows William.Burrows@ihs.gov
Pueblo of Jemez Antonio Blueeyes Antonio.Blueeyes@jemezpueblo.us	Part II	Travis Bowser Travis.Bowser@ihs.gov

Bemidji Area

Fond du Lac Band of Lake Superior Chippewa, KaRee Lockling KareelLockling@fdlrez.com	Part II	William Crump William.Crump@ihs.gov
Ho-Chunk Nation Lisa Herritz Lisa.Herritz@ho-chunk.com	Part II	William Crump William.Crump@ihs.gov
White Earth Band of Chippewa Indians Cyndy Rastedt Cyndy.Rastedt@whiteearth-nsn.gov	Part II	William Crump William.Crump@ihs.gov

Billings Area

Blackfeet Tribe Debbie Whitegrass Bullshoe dbullshoe@blackfeetnation.com	Part I	Jordan Vandjelovic Jordan.Vandjelovic@ihs.gov
Northern Cheyenne Tribe Patricia Ramos Patricia.Ramos@ihs.gov	Part II	Jordan Vandjelovic Jordan.Vandjelovic@ihs.gov
Rocky Mountain Tribal Epi Center Giselle Babiarz (Interim) Giselle.Babiarz@mtlc.org	Part I	Jordan Vandjelovic Jordan.Vandjelovic@ihs.gov

California Area

California Rural Indian Health Board Julie Villa Julie.Villa@crihb.org	Part II	Molly Madson Molly.Madson@ihs.gov
Indian Health Council, Inc. Skye Holmes sholmes@indianhealth.com	Part II	Brian Lewelling Brian.Lewelling@ihs.gov
Lake County Tribal Health Consortium Darnell Aparicio daparicio@lcthc.org	Part II	Tim Shelhamer Tim.Shelhamer@ihs.gov

Great Plains Area

Great Plains Tribal Chairmen's Health Board, Christy Hacker Christy.Hacker@gptchb.org	Part II	Timothy Wildcat Timothy.Wildcat@ihs.gov
Winnebago Tribe of Nebraska Jennifer Straub Jennifer.Straub@ihs.gov	Part I	Chris Allen Chris.Allen@ihs.gov

Nashville Area

Saint Regis Mohawk Tribe Lynne Thompson lynnet@regis.nashville.ihs.gov	Part II	Riley Grinnell Riley.Grinnell@ihs.gov
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TIPCAP Site	Part	Project Officer
-------------	------	-----------------

Navajo Area

The Navajo Nation Norma Bowman nbowman@navajodot.gov	Part II	Zoann McKenzie Zoann.McKenzie@ihs.gov
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Oklahoma Area

Apache Tribe of Oklahoma Antoninette Short apachetribe_chr@yahoo.com	Part II	David Bales David.Bales@ihs.gov
Choctaw Nation of Oklahoma Keosha Ludlow Keosha.Ludlow@choctawnation.com	Part II	David Hogner David.Hogner@ihs.gov
Comanche Tribe of Oklahoma Bonita Paddyaker bonitap@comanchenation.com	Part II	David Bales David.Bales@ihs.gov
Ponca Tribe of Oklahoma Jocelyn Jackson Jocelyn.Jackson2@ihs.gov	Part I	James Isaacs James.Isaacs@ihs.gov
Wichita and Affiliated Tribes Tiffany Lonewolf Tiffany.Lonewolf@wichitatribe.com	Part II	Tim Arr Timothy.Arr@ihs.gov

Phoenix Area

Ak-Chin Indian Community Marc Matteson MMatteso@ak-chin.nsn.us	Part II	Isaac Ampadu Isaac.Ampadu@ihs.gov
Gila River Indian Community Teri De La Cruz Teri.DeLaCruz@gric.nsn.us	Part II	Isaac Ampadu Isaac.Ampadu@ihs.gov
Inter Tribal Council of Arizona, Inc. Esther Corbett Esther.Corbett@itcaonline.com	Part II	Rob Morones Robert.Morones@ihs.gov
Pyramid Lake Paiute Tribe Carla Molino Carla.Molino@ihs.gov	Part II	Martin Stephens Martin.Stephens@ihs.gov
Reno-Sparks Indian Colony Valentine Lovelace VLovelace@rsicclinic.org	Part II	Martin Stephens Martin.Stephens@ihs.gov
Salt River Pima-Maricopa Indian Monte Yazzie Monte.Yazzie@srpmic-nsn.gov	Part I	Isaac Ampadu Isaac.Ampadu@ihs.gov
Shoshone-Paiute Tribes of Duck Valley Elizabeth Sam Sam.Elizabeth@shopai.org	Part II	Martin Stephens Martin.Stephens@ihs.gov
Washoe Tribe of Nevada & California Amy Hagen Amy.Hagen@washoetribe.us	Part I	Martin Stephens Martin.Stephens@ihs.gov

Portland Area

Northwest Portland Area Indian Health Board, Luella Azule LAzule@npaih.org	Part II	Matthew Ellis Matthew.Ellis@ihs.gov
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Tucson Area

Pascua Yaqui Tribe Feliciano Cruz Feliciano.R.CruzJr@pascuayaqui-nsn.gov	Part II	Cathie Frazier Cathie.Frazier@ihs.gov
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