



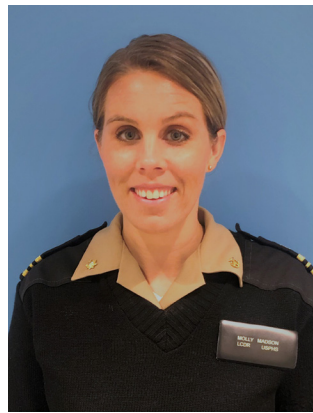
Office of Environmental Health & Engineering
Division of Environmental Health Services
Injury Prevention Program

TIPCAP NEWS

December 2019

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

**Thank you all for
your tremendous
work during this
final year of funding.**



The sites have been making progress toward reaching their goals, and it has been amazing to see the development of your programs. During my first few months in this new position, I have already had the pleasure of participating in 3 site visits at Blackfeet, Washoe, and Winnebago. I heard from Native youth about their participation in preventing injuries by signing a pledge to honor their life, family, community, and wear their seatbelt. I was able to participate in a Stay Strong Stay Healthy demonstration, where we learned balance and strengthening exercises for Elders. Finally, I was grateful to attend my very first Tai Chi class with so many members of the community. It was an honor to visit you in the field, and I look forward to the rest of the site visits and seeing you in Tampa, FL.

*I wish you all the happiest of holidays,
Molly*

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Partnerships with community health aides make fall prevention possible

Over the past 5 years of TIPCAP, the Bristol Bay Area Health Corporation (BBAHC) has focused on fall prevention through conducting home assessments and installing safety modifications in the homes of elders living in BBAHC's vast service population. Given the communities' geographical spread and remoteness, the program developed unique partnerships with health aides to allow for direct and sustainable service to local elders. Rex Spofford, Environmental Health Department Manager at BBAHC, explained the program's successes and challenges over the past 5 years.

Over time, the program has tailored its activities to fit the needs of the communities it serves. For example, the program originally planned to host evidence-based fall prevention exercise classes. However, community feedback indicated that elders

weren't interested in these activities. "That was one of our greatest challenges," Rex says. "It was important to listen to the community and realize that and make amendments to the work plan as such."

The program's ability to distribute fall prevention devices and install home safety modifications lies in their relationships with community partners, especially community health aides. "They're tremendously helpful in collecting data and identifying people to serve," Rex says. Many people in BBAHC's service population speak Yupik as their first language. Community health aides are important to translating health information.

Traveling to remote villages in rural Alaska—many of which have a population of 100-200 people—remains a challenge for the program. The relationship with the health aides allows the program to feel in-touch with the needs of the communities. "[The health aides] have the relationships established that allow them to go into depth with how the improvements have been going," Rex explains.

After receiving a referral from a community health aid, the program will coordinate a home assessment visit. During this time, the injury prevention coordinator is able to assess whether other measures could be taken to increase the safety of the elder. In addition to installing shower chairs, benches, hand rails, and other modifications to the home, the program

distributes ice cleats, shower wands, safety lights, and more. These items can make a big difference in Alaska winters. "We get a lot of feedback on how great the ice cleats have been," Rex says.

“You can make a huge difference in people’s lives just by identifying fall hazards and distributing simple items.”

The program conducts outreach at the local senior center and participates in a number of coalitions including local Native associations and the Alaska Native Tribal Health Consortium's Injury Prevention Coalition. The injury prevention group meets on a monthly basis to discuss topics including Traumatic Brain Injury (TBI), elder falls, and more. "It allows us to stay connected and form new partnerships," Rex says.

Moving into the final year of the program, Rex emphasizes the importance of tracking the program's regular follow-up with elders who have received home modifications. "We're working towards making that record-keeping better. We're asking what works, what's not working, what's useful, and what's not useful...and, of course, we ask if anyone has fallen. That's important information," Rex explains.

continued on next page



Examples of some of the fall prevention items BBAHC provides to elders in the community, like shower benches and ice cleats.

continued from previous page

The program is continuing to form partnerships with community health aides. Thanks to these connections, the program was able to locate people in need of fall prevention intervention that were previously underserved.

Rex believes that the home assessments and home safety mod-

ifications are part of the BBAHC's main goals—to lower healthcare costs and help community members lead better lives while staying with their families. "You can make a huge difference in people's lives just by identifying fall hazards and distributing simple items."

A self-proclaimed "numbers guy," Rex sees the worth of the program's

TIPCAP activities through cost savings as well as emotional health: "If an elder falls, a Medevac from Dillingham to Anchorage runs between \$25,000 to \$50,000," he says. "That happens a lot. If we prevent just two falls, we have entirely—from a financial perspective—made our TIPCAP grant worth it, not to mention avoiding the emotional toll on that family."

Adapting to Change

Gila River Injury Prevention Program on training new staff, maintaining community education activities, and planning ahead

Over the past five years of TIPCAP, the Gila River Injury Prevention program has focused on decreasing transportation-related injuries in the community. Year 4 of TIPCAP was a time of transition for the program. As explained by Craig Humphrey, Acting Injury Prevention Supervisor at the time of this interview, "New staff came on board and some staff left for other positions, but during all the various transitions the Injury Prevention (IP) program has continued to provide services to the community." The program has been successful at keeping up work plan activities thanks to new collaborations. Teri De La Cruz, former IP coordinator at Gila River, was initially preceded by Craig Humphrey in partnership with Jolene Cosen, IP Technician and Yomaira Diaz-Castillo, IP Manager with Arizona Department of Health Ser-

vices. Recently, Taneesha Watson, Injury Prevention Specialist, replaced Craig as the coordinator.

Over the past year, the program held numerous events to improve the community's access to car seats, disseminate information about injury prevention, and collect data. These events included car seat check-up events, Native Health Booster Bash, seat belt observations, and a Safe Native American Passengers (SNAP) class. In addition, the program focused on growing the team's knowledge—Jolene attended a safe sleep class, became certified as a Child Passenger Safety Technician, and attended the Kidz in Motion conference in Orlando, Florida, in August.

Craig was optimistic about the program closing out strong in Year 5. "We were able to hit the ground

running because of the priority areas identified at the beginning of the 5-year cycle," he said. Moving forward into the final year of the grant, Craig said the program is committed to continuing the work that took place over the past year. "We aim to provide educational opportunities to parents and grandparents about the importance of buckling up kids while in the car, as well as the importance of setting an example by making sure adults in the car are also safely restrained."

Craig emphasized that the work of the IP program is important, especially the education component. "We're trying to communicate that [transportation-related injuries] can happen a mile from home or a hundred miles from home. It's important to get the word out and for us to continue this work in our community."

Training CPS Techs in Ak-Chin Indian Community

Increasing the number of Child Passenger Safety Technicians in communities ultimately helps increase car seat usage in those communities.



Teri De La Cruz understands the importance of having many certified Child Passenger Safety (CPS) Technicians in the Ak-Chin Indian Community. “Techs are needed to help with car seat check-up events, curbside checks, and also if parents/caregivers need a car seat checked,” says Teri. The reliance on CPS technicians led to Ak-Chin’s IP program hosting a Safe Kids Child Passenger Safety Technician Certification course Sept. 30-Oct. 3, 2019.

Teri partnered with neighboring community, Salt River Pima-Maricopa Indian Community, and fellow TIPCAP Coordinator, Monte Yazzie (SRPMIC), as well as Yomaira Diaz Castillo, IPP Manager at the Arizona Department of Health Services, and Isaac Ampadu, IHS TIPCAP Project Officer. The multi-day training was held at the tribal conference center, Elements Event Center. Ak-Chin was able to sponsor employees from different departments, including 5 from the education department, 2 from

the fire department, and 1 from social services.

Since the beginning of the Ak-Chin Injury Prevention Program’s TIPCAP grant, increasing the number of CPS technicians in this community has been one of the program’s main goals, which is made possible through partnerships like these. “Yomaira is so great about partnering with the surrounding tribal communities, and she knows the importance of training new technicians and keeping them certified,” Teri explains. “Having these many techs here in Ak-Chin now is so great. They all share the same goal, to help spread awareness about the importance of car seat usage to our community members.”

During the check-up event the new technicians were able to identify misuses, replace expired seats, and also provide new car seats to families that didn’t have one.

Ak-Chin will host another multi-day

certification course in the coming years, and then alternate with, SRPMIC hosting. “The partnership helps to bring the certification course to tribal communities and to promote child passenger safety in more areas,” says Teri, “which ultimately helps to increase the car seat usage in those communities.”





Presentations from the 2019 National Conference on American Indian and Alaska Native Injury & Violence Prevention available online!

<http://www.ucdenver.edu/academics/colleges/PublicHealth/research/centers/CAIANH/projects/TIPCAP/Pages/Conference.aspx>

Other announcements in this issue:

➔ TIPCAP Workshop

The annual workshop will be March 12-13, 2020 (full day March 12 and half day March 13) in Tampa, Florida. Annual Project Officer Meeting will occur on March 11, 2020 leading into the TIPCAP workshop.

More on page 13

➔ TIPCAP Webinar

The next webinar is on Jan. 16, 2020 with a presentation by Barbara Crowell Roy on ThinkFirst Navajo, national evidenced-based injury prevention program.

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➔ Submit Abstracts!

The Kidz in Motion conference (Aug. 27-29, 2020) and the Tribal Motor Vehicle Safety Summit (May 19-21, 2020) are accepting abstracts.

More on page 14

➔ 2020 IP Conferences

Plan your schedule for the many injury prevention conferences coming up in 2020.

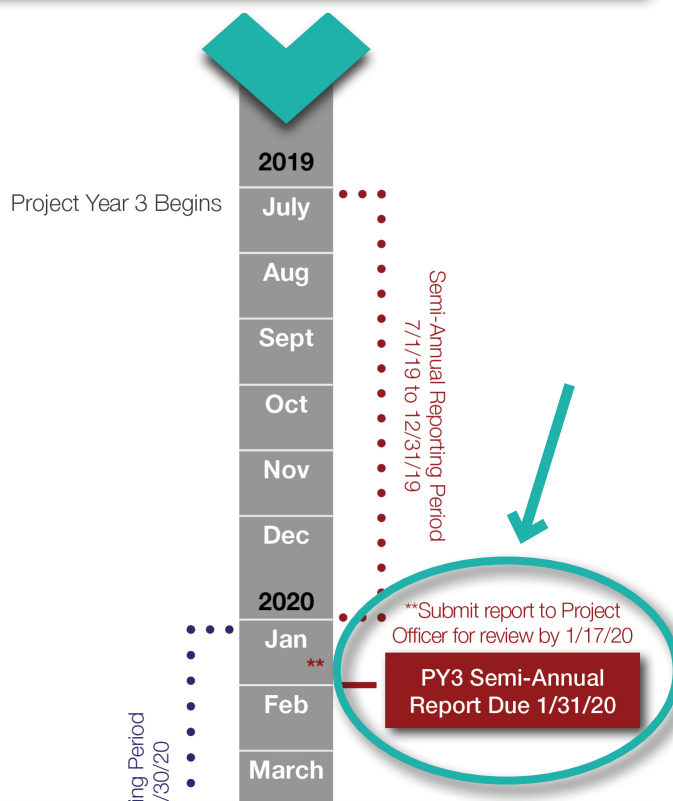
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Semi-Annual Reporting

Part IIB Sites:

- PY3 Semi-Annual Reports due for Project Officer review **Jan. 17**
- Deadline for submission to GrantSolutions.gov is **Jan. 31**

TIMELINE: Part IIB Sites



Part I and Part IIA Sites:

- PY5 Semi-Annual Reports due for Project Officer review **March 18**
- Deadline for submission to GrantSolutions.gov is **March 31**

Matter of Balance class helps Washoe Tribe elders



Over the past five years, the Washoe Tribe of Nevada and California's Injury Prevention Program has helped older adults in the community prevent falls through staying active and keeping homes safe. Since 2015, the program has completed 62 home assessments and 67 home improvements, including ramps. In addition, the program has led over 50 elders in exercise programs and Matter of Balance classes to increase their strength, balance, confidence, and knowledge.

On August 28th, 2019, the program's hard work was brought to light as the most recent Matter of Balance concluded and participants graduated from the class. The moment celebrated the students' dedication, hard work, and new knowledge. Participants were quizzed on Matter of Balance material to capture how much information was retained through class, and Kindra snapped a photo to showcase their accomplishment.

Bringing the class to fruition was a team effort—exercise specialist Nick Brown, Matter of Balance Master Trainer Cheryl Morris, and Community Health Director Kim Neiman all helped make it happen. The classes occurred at the Carson City Colo-

ny, allowing local elders to access a program that is usually held too far for them drive. In turn, the program was able to reach a new population of students.

Coming into her position as TIPCAP Coordinator, Kindra knew that leading an education class would be central to her role, thanks to the IP program's work plan objectives. As the class progressed, Kindra found that the material came naturally, and she connected with the students. "We succeeded in this objective while also having fun," she says.

Many of the lessons learned from the Matter of Balance class emphasize the power of making small life changes to protect oneself against falls. As explained by Joan A., a Washoe Tribe Member and graduate of the Matter of Balance class, "I learned that I need to take my time. I need to take the extra trip for the rest of groceries or take many trips of laundry to the desired location of folding. I have learned that I need to keep my hands free so that I am able to keep myself upright and not put myself at risk for a fall to happen."

Interacting with participants taught Kindra about more than just fall prevention. Looking back, she says the

“I’ve learned that I need to keep my hands free so that I am able to keep myself upright and not put myself at risk for a fall to happen.”

—Class Graduate

experience helped her to grow into her role as an injury prevention coordinator. "I learned how to approach the members of the Tribe with open arms," she says. "I learned how to listen and recognize a fall risk problem within someone's lifestyle and how I can genuinely help make a difference."

When asked about advice for other TIPCAP grantees, Kindra highlighted the importance of being proactive in spreading the word and seeking out participants. "Getting out there and putting the information out is the most important thing you can do," she says. "Actively searching for students and really investing your time into a program will promise for great success." Kindra is already excited to work with community partners to get another Matter of Balance class started early next year.

Blackfeet Nation IPP

The Blackfeet Nation Injury Prevention Program, a Part I TIPCAP Program, has been successful in collecting data, leading innovative publicity campaigns, conducting outreach, establishing partnerships, and Amending the Primary Seat Belt Law. Led by Debbie White Grass Bull Shoe and Dorothy Still Smoking, the program demonstrates the importance of partnerships in successful Injury Prevention Programs. Despite initial challenges, the program's data collection efforts quickly elucidated the effectiveness of their efforts. Eliza, Debbie, and Dorothy chatted on the phone about the program's key accomplishments and successful strategies throughout their funding cycle thus far.

Working Together to Get the Job Done

Early in the funding cycle, the program got to work establishing MOU'S with Tribal Court, Blackfeet Head Start, the Blackfeet CHR program, Browning Public Schools and Heart Butte Public Schools. Developing partnerships with tribal programs and agencies is one of our major achievements," Debbie says."

The program worked hard to build a strong Injury Prevention Coalition, utilizing personal recruitment tactics: "We went out and visited different programs." Debbie believes in the power of an in-person visit. "Outreach is crucial," she says. "Letters and email are OK but you need to talk to people face-to-face—you know who is committed and who isn't." This year, the Injury Prevention Program recruited students from both high schools to serve as Teen Coalition members. "By adding young people to our existing Injury Prevention Coalition, we can focus more on preventing distracted and impaired driving," Debbie says. "And at the same time have the existing coalition serve as mentors."

Debbie and Dorothy's own partnership is as unique as their Injury Prevention Program. "I pulled her out of the woodwork," Debbie says with a laugh. Previously, the duo had worked together on a team to develop prevention framework for underage drinking and driving. Despite Dorothy's retirement, Debbie couldn't resist getting her involved in the TIPCAP grant. "She pulled me from retirement to part-time work, which turned into full-time work," Dorothy says, laughing along.

Staff Training

To facilitate gathering accurate data about seat belt use in the community, Debbie organized an Event Staff made up of rep-

resentatives from different Tribal programs and community members. On a given day, the staff conducts Seat Belt Observations at 12 locations, allowing the program to collect 3600 observations at a time.

"The Event Staff is something that I believe is truly needed in Injury Prevention [programs]," Debbie says assuredly. "They allowed us to collect enough data to give us a start." Debbie makes sure that the staff is well-trained and passionate about Injury Prevention work. She lists off a variety of trainings and qualifications they hold, from the Injury Prevention Coalition to Substance Abuse Prevention to Injury Prevention Level 1 training to National Child Passenger Safety Certification, Food Handlers, Incident Command and Basic Law Enforcement Information on reporting. Debbie is proud of the Event Staff's contributions to the program. "We've been able to gather up that group and hold on to them. A big thank you to Injury Prevention, Tribal Programs and agencies that assisted us to provide training for the Event Staff."

Debbie believes that training staff is important to the success of her program. "If you want people to come on board with you, you need to take them down the same road that you are going down so they will have a better understanding of what the program is trying to do. It is my belief to bring training to the Blackfeet and to recruit Native American Trainers when possible."

Culture Change: Community Outreach

"It is important to involve the community in every grant," Debbie says. One such opportunity is Blackfeet Youth Day. In one day, the program involves between 1500-2000 participants in activities about seat



Top: An event staff member conducts a seat belt use observation. Middle: The injury prevention program presents the "In One Instant" video to local high school students. Bottom: Volunteer fire fighters do a "Jaws of Life" demonstration at Blackfeet Youth Day.



Left: Event staff pose with the billboard. Right: Coalition members during a coalition meeting, discussing upcoming initiatives.

belt/car seat use and distracted driving. The program participates in three different youth days across their community. At community street dances, the program leads trivia about the Ordinance 85 Seat Belt/Car Seat Law and seat belt pledge-signing. Thanks to a partnership with local public schools, the program also goes into high schools to do surveys and educate teens about distracted driving. The In One Instant video was presented to the middle school and both high schools. “We recently presented at the schools on the Driver License Law and Insurance Law utilizing little – known facts, ‘Did You Know’ and ‘What If,’” Debbie says. “Because we are really spread out, we have to find ways to pull everyone together and give them the same information.”

When it comes to seat belts, the program has found ways to encourage individuals to make the right choice. At events, community members can pledge to “Honor Myself, Honor My Family, Honor My Community and Pledge to Buckle Up.” Programs and agencies like the pledge the program uses—Debbie tells them to tailor the pledge to fit their programs. The pledges have been successful in encouraging people to think deeply about wearing their seat belt—since 2018-2019, over 2,164 people have signed pledges. “We are always working to find new ways to have people continue to wear their seat belt,” Debbie says.

Policy Ordinance

In 2017, the Injury Prevention Program worked with the primary seat belt law, known as Ordinance 85, Blackfeet Tribal Safety Belt/Infant Child Passenger Restraint Law. In March 2018, Injury Prevention worked with the Tribal Council and

legal department to amend the Ordinance 85 to mandate two safety check points and be codified. It wasn’t an easy process. “We had to jump through so many hoops to get answers, to get the go-ahead, and to get data,” Debbie explains. There are still challenges. Injury Prevention partnered with the Blackfeet Tribal Court to coordinate Blackfeet Law Day, a day set up to educate the communities on Blackfeet Law. One big challenge is Tribal, State, and Federal laws that can be confusing at times. Looking at the data increase for seat belt usage and the number of community members asking for car seats, Debbie feels confident that the hard work and years of effort have already been worth it. Efforts will continue to improve as long as we have programs like Injury Prevention and people with the passion that know all lives are important.

Mass Media Campaigns

One of the program’s most important accomplishments was erecting a billboard calling viewers to “Buckle Up” in accordance with Ordinance 85. The billboard featured the work of a local artist. The art is made with ledger paper, a celebrated medium in the community with a rich history. The artist is Blackfeet, we put images of a native woman riding a horse and a child in a cradleboard on the billboard. The local schools, Blackfeet Community College, Tribal Program, Indian Health Service, and Rural Communities were given banners that displayed the same image of the billboard. “We used the headline ‘We’ve Always Traveled Safe’ These symbols are important to us as a community,” Debbie says.

As always, partnerships were important to the success of the billboard. In addition

to the value of donated land, Debbie estimates that the program saved \$15,000 thanks to Glacier Electric Co-Op donating the poles equipment and labor. “Knowing that we have people out there that are working in the same vein, that’s talking about saving lives,” she says proudly.

In media campaigns, Debbie draws from local data as well as local artists. “We can always pull state data from the computer, but I always said that if we use state data and not Blackfeet [data], we are doing our people a disservice because we are not basing the data on true information that reflects our people.”

Data Collection

From the beginning, the program encountered challenges in receiving data from law enforcement. “That’s when we really started working on the seat belt observations,” Debbie explains. Debbie and Dorothy are seeing progress. In 2017, the Chairman of the Blackfeet Tribe mandated that law enforcement to share data. “We’ve never given up on the data or inviting law enforcement to meetings,” Debbie says.

Progress is showing in the numbers, too—in 2017, seat belt use was at 17 percent. Already, through consistent effort and monitoring, those rates are at 39 percent in 2019. “That’s a huge increase in this community,” Dorothy says with pride. She credits the change to the program’s hard work at changing the culture around seat belt use through the seat belt pledges and the Ordinance—as well as larger-than-life publicity. “When you get to the intersection, that billboard just hits you in the face,” Dorothy says. “The data that Debbie collected herself is a direct outcome of her work.”

Please take our quick survey about the Child Passenger Safety Class, aka the car seat class:

(What day would work best with your schedule to have the car seat class at Indian Health Council in Tucson?)

Monday	Tuesday	Wednesday	Thursday	Friday

(What day would work best with your schedule to have the car seat class at the satellite clinic in Santa Ysabel?)

Monday	Tuesday	Wednesday	Thursday	Friday

Any other suggestion? Different Locations? Different Time? Please comment any suggestions below:

Questions?
Please contact Skye Holmes in Public Health Programs:
(760) 749-1410 Ext. 5383

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Community Survey Yields Big Results

“When you [conduct a] survey, ask different age groups in different locations throughout your service area. You will obtain a better understanding of what your community needs.”

In the fall of 2018, Skye Holmes was fresh into her role as Injury Prevention Coordinator at the Indian Health Council. Early on, she spotted an opportunity to learn more about the needs of the community while increasing the impact and accessibility of the program's parent car seat classes. Dressed in a Batman costume, Skye surveyed the community at the 2018 Fall Festival to better understand community members' needs and availability regarding car seat classes. “The reason for doing the survey at the Fall Festival in 2018 was because it is an event where a large group of diverse people gathers for a family event,” Skye explains.

After conducting analysis of the survey results, Skye listened to the community's feedback and made a

number of changes to the car seat program based on of the results: she changed the advertising brochure to better differentiate the classes from other programming; she moved the class times to better fit parents' schedules; and she opened her schedule to offer individual car seat installation and education appointments. In the process, Skye strengthened the clinic's injury prevention referral process. Now, Skye's schedule is available in the NextGen system, and she can receive referrals through that system.

The results have been astounding—in 2018, there were a total of 63 class participants for the entire year. After changing the time, day of the week, and offering one-on-one classes, there is a total of 84 participants from

Jan. 1, 2019 - Sept. 30, 2019. Given this success, the classes will be held at the same times next year, and one-on-one classes will continue to be offered.

This year, Skye decided to capitalize on her success at last year's Fall Festival by spreading the word about the program's car seat class offerings at the 2019 festival. She also brought new topics to the community's attention by also conducting helmet fittings and distributing free bicycle helmets.

While Skye didn't conduct another community survey at the 2019 festival, she sees surveys as excellent tools for gauging changes in community attitudes and needs. “Depending on attendance in 2020, there might be another survey conducted at the next Fall Festival,” she ponders. Skye says she learned some important lessons from conducting the survey and increasing class participation. “Listen to your community,” she said emphatically on a recent conference call. “When you [conduct a] survey, ask different age groups in different locations throughout your service area. You will obtain a better understanding of what your community needs.”



Let: Skye Holmes, dressed up for the Fall Festival, helps this “witch” adjust her new helmet so she’ll ride safely on her “broom.”

ITCA Visibility Campaign Takes On Many Forms

For the FY2019 Traumatic Brain Injury (TBI) Prevention Project, the Hualapai Tribe police and health staff and Esther Corbett, Program Manager for the Inter Tribal Council of Arizona, Inc. (ITCA) Tribal Epidemiology Center (TEC), developed innovative ways to share the project visibility message: Be Safe, Be Seen. The message communicated the importance of wearing reflective gear and using safety equipment to prevent TBI among wheel-sport participants and pedestrians.

Be Safe, Be Seen was initiated when Esther noticed people were wearing dark clothing while walking at night. “There aren’t a lot of dedicated paths for bikes, pedestrians, or other wheel sports,” Esther says. “We thought we could highlight why it is important to be seen by the motor vehicle drivers.” Esther consulted the Guide to Community Prevention Services, a collection of evidence-based practices for injury and disease prevention, to identify two promising interventions: rider visibility and active lighting.

Outreach at Community Events

The Traumatic Brain Injury Prevention Project utilized existing community events, like the Halloween Festival and the Hualapai Family Day, to advertise Be Safe, Be Seen. An interactive approach was to combine a safety message with a corn-hole game. Participants were provided three clear rubber balls with eyeballs inside that lit up when they bounced into the hole. Each participant had three chances to sink a ball in the hole. If a participant got one or two balls in the hole, a reflective slap bracelet was awarded, and for three balls in the hole, a set of red and white blinking lights was presented. An eyeball theme was prominent throughout the booth - containers, table clothes, and the corn-hole board and balls.



Media Campaigns



During the Christmas Toys for Tots gift distribution, the Hualapai Nation Police Dept. distributed Be Safe, Be Seen red and white blinking lights. ITCA was concerned that parents be informed the light was a safety device, not a toy. A Be Safe, Be Seen sticker was developed and attached to each light set. Prior to Valentine’s Day, Esther asked Eliza Filene, Technical Advisor to TIPCAP grantees, for an original drawing to be used alongside messaging about helmet use. “Once we got the drawing, we thought ‘How can we make use of that throughout the year?’” The messages were structured around high-risk times of the year, like St. Patrick’s Day and Fourth of July, advertised during the national March Bike Safety Month, and published in the Tribal newsletter.

Partnerships

Esther credits Monte Yazzie, Salt River Pima Maricopa Indian Community IP Coordinator, for helping ITCA explore new mediums for safety messaging. Monte created a digital story from a PowerPoint script that Esther developed. Monte recruited a camera man, directed the volunteer actors, edited the story, and recorded the ITCA TEC staff narration. The digital story is posted online: www.itcaonline.com/epi.



Esther also partnered with the Hualapai Nation Police Dept. for efforts related to visibility, bike traffic skills training, and helmet use promotion, and with the Hualapai Health and Wellness to enhance awareness of TBI prevention. In FY2020, ITCA TEC will work with the Tonto Apache Tribe in AZ to initiate TBI prevention during TBI Prevention Month in October, introducing Be Safe, Be Seen at the Halloween Festival, and conducting a bike traffic skills training and helmet promotion.

Following up with elders on home safety modifications leads IPP to texturize ramps for winter weather

Since the Shoshone-Paiute Tribe of Duck Valley began this cycle of TIPCAP funding in 2017, the program has focused on preventing elder falls in the community. Accomplishments have included hosting exercise classes at the local senior center, conducting home assessments for elders at risk for falls, and making home safety modifications. The past season has been an exciting one for the program, as the clinic welcomed nurse and supervisor Tiffany Wadsworth, RN/CHD, to the program in late October. Eager to get started improving elders' safety in their homes, Tiffany and Robin Lozano, LPN, painted elderly individuals' ramps with texturizing paint to prevent falls, slips, and trips during the winter months.

This improvement was part of the program's initiative to have focused follow-up to safety modifications made to elder homes. Elders who had received ramps report to the coordinators that the initial slip-resistant tread bands were no longer sticking due to snowy and rainy weather, thus posing a fall hazard. "After a year, the adhesive would be wearing out," Charlita Thacker, injury prevention coordinator, explained. "Several elderly individuals informed us that the strips were coming up, and one individual almost fell on her ramp while going to her vehicle."

Like all new improvements, there was a learning curve to understanding what options work best for elders' circumstances. Charlita advises other sites interested in

texturizing their ramps to purchase texturizing paint rather than stick-on bands. The elders spoke positively about the effects of the texturizing paint, saying they felt more confident and safe on their ramps, even as the weather continues to get icier. The program was even able to purchase texturizing paint that matched the wood stain colors used on the ramps.

Moving forward, Charlita reports that the program is excited to continue the fall prevention activities in the last year of the grant, focusing especially on sustainability. "Our new Supervisor Tiffany is eager to learn the ropes in our department as well as the Injury Prevention Grant," she says. "She has also jumped in with the Elderly Exercise sessions."

Charlita advises other sites interested in texturizing their ramps to purchase **texturizing paint** rather than stick-on bands. Elders spoke positively about the effects of the texturizing paint, saying they felt more confident and safe on the ramps. Plus, the paint is available in different wood stain colors so the paint can match the ramp color.

Partnership with Law Enforcement Pays Off Big in Navajo Nation

The partnership between the Navajo Department of Highway Safety and the Navajo Department of Law Enforcement has been a key part of the Injury Prevention Program's TIPCAP work plan since 2017. In recent weeks, the partnership has proven particularly effective, as the Department of Law Enforcement has indicated interest in its officers being certified as Child Passenger Safety (CPS) Technicians. A designated class will be set up in the spring for the officers to receive CPS certifications. Currently, checkpoints occur every quarter. Certifying officers will allow for more checkpoints to occur and for members of law enforcement to develop deeper understanding of child passenger safety.

As explained by injury prevention coordinator Norma Bowman, "Law Enforcement requesting the course based on their experiences at the checkpoints is a win/win for our Department, specifically in bringing awareness to what is required for correct installation of child restraints."

Norma also highlighted a special moment that made her proud of the Injury Prevention Program's work. At a recent holiday dinner, a volunteer firefighter stood up to report to the group that the Eastern part of the Navajo Nation has seen an increase in child restraint usage and decrease in children being hurt for non-use. He thanked the Injury Prevention Program for its hard work in pushing forward this goal.

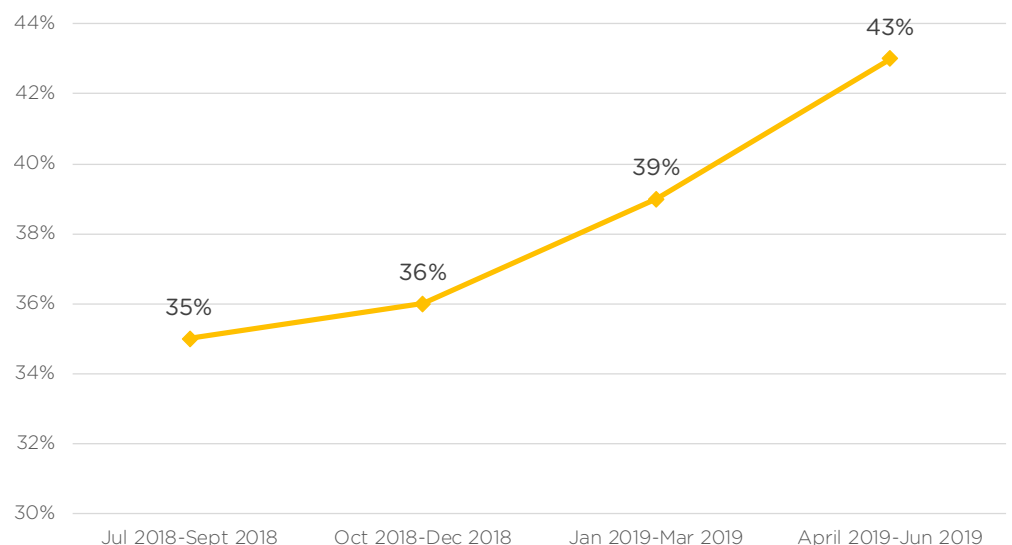
Norma explained that certifying law enforcement officers signifies the strength of the program's partnership with law enforcement, as well as law enforcement's dedication to child passenger safety. "We at Highway Safety and Safe Kids Navajo Nation are excited to expand our current partnership with law enforcement," she says. "Having actual certified CPS Technicians who are Law Enforcement Officers will assist in our efforts to increase usage rates."

When asked about providing advice to other TIPCAP grantees, Norma stressed the importance of patience when pushing for progress. "Even when things don't seem to be happening, stay the course, and your efforts will pay off."

Child Restraint Use Increases

Cars were observed during 4 observation periods in the Navajo Nation. In the latest observation, 43% of children requiring a car seat were restrained, up from 35% in 2018.

Navajo Nation Child Restraint Use Observed Use at 4 Time Periods



2020 TIPCAP Workshop

When: Thursday, March 12 and Friday, March 13, 2020

Time: Full day on Thursday, Half day (morning) on Friday

Where: Tampa, Florida

What you need to do now:

Make your hotel reservations

Hotel: Home2 Suites by Hilton Tampa Downtown Channel District

Address: 1155 E Kennedy Blvd, Tampa, FL 33602

Phone: 1-813-525-9900

Group Name: TIPCAP Workshop

Arrival Date: 10-Mar-2020

Departure Date: 18-Mar-2020

Website: https://www.hilton.com/en/hotels/tpadbht-home2-suites-tampa-downtown-channel-district/?SEO_id=GMB-HT-TPADBHT

Deadline: January 15, 2020

RSVP your attendance

Let TIPCAP know you'll be attending so they can better plan the event. We'll send e-vites where you can RSVP or follow the link to confirm your attendance.

RSVP: <http://evite.me/6rVjhCE6wG>

Deadline: January 15, 2020

Some highlights from the agenda include:

- Opportunities for all programs to share their accomplishments through an interactive format
- Guest speakers who will be presenting on fall prevention, data collection methods, and more
- Dedicated time to work with Project Officers and others on program sustainability and applying for future funding
- Time to connect with peers to work through data collection challenges and brainstorm solutions
- Other sessions to include evidence-based strategies resources, and important administrative updates
- And more!

If you have questions about the agenda, please email Jenn at jenn.russell@cuanschutz.edu.

December is...

National Impaired Driving Prevention Month



...and to help you raise awareness,
here are some resources

New Mexico's Department of Transportation ENDWI campaign videos:

<http://www.endwi.com/awareness-campaigns>

BIA's website and tribal-specific impaired driving safety information:

<https://www.bia.gov/bia/ojs/dhs>

<https://www.tribalsafety.org/impaired-driving>

General CDC Tribal Road Safety feature that contains information about impaired driving:

<https://www.cdc.gov/features/tribalprograms/index.html>

CDC Toolkit: Tribal Road Safety Drinking and Driving:

<https://www.cdc.gov/motorvehiclesafety/native/toolkit/DrinkingAndDriving.html>

Roadway to Safer Tribal Communities Factsheet:

https://www.cdc.gov/motorvehiclesafety/pdf/native/Tribal_MVS_Drinking_Driving-a.pdf

It's time to plan for next year!

Injury prevention conferences, opportunities to present, TIPCAP events. Start adding these dates to your calendar!

Conferences in 2020

TIPCAP Annual Workshop

March 11-12, 2020 in Tampa, FL

See page 12 in this newsletter

Lifesavers National Conference

March 15-17, 2020 in Tampa, FL

<https://lifesaversconference.org/>

*NIHB National Tribal Public Health Summit

March 17-19, 2020 in Omaha, NE

https://www.nihb.org/communications/events_calendar.php

*Tribal Elder Falls Prevention Summit

April 8-9, 2020 in Scottsdale, AZ

More information coming soon

Society for Advancement of Violence and Injury Prevention Conference

April 27-29, 2020 in Philadelphia, PA

<https://www.savirweb.org/aws/SAVIR/pt/sp/conferences>

Kidz in Motion *now accepting abstracts!*

Aug. 27-29, 2020 in Champions Gate, FL

<https://kidzinmotion.org/event/the-16th-annual-kidz-in-motion-conference/>

Submit abstract: <https://form.jotform.com/93353787673169>

National Transportation in Indian Country Conference (NTICC)

Aug. 31-Sept. 3, 2020 in Santa Ana Pueblo, NM

<https://www.nticc.org/>

*Safe States Alliance Conference

Sept. 9-11, 2020 in Pittsburgh, PA

<https://www.safestates.org/page/AnnualConferences>

*NIHB Annual National Tribal Health Conference

Sept. 14-18, 2020 in Anchorage, AK

https://www.nihb.org/communications/events_calendar.php

*save the date

Join us!

TIPCAP WEBINAR

Thurs., Jan. 16, 2020, 2pm EST

1pm CST | 12pm MST | 11am PST | 10am AKST

After some TIPCAP administrative updates, Barbara Crowell Roy, President and Executive Director of Eve's Fund for Native American Health Initiatives, will present on "ThinkFirst Navajo: Successes and challenges of implementing a national evidenced-based injury prevention program to students on the Navajo Nation."

Join the **webinar**: <https://ucdenver.zoom.us/j/796444957>

Call for abstracts!

TRIBAL MOTOR VEHICLE SAFETY SUMMIT

May 19-21, 2020

Tribal injury and injury prevention practitioners, researchers, and partners are invited to submit abstracts for the first Tribal Motor Vehicle Safety Summit taking place in Albuquerque, NM. Abstracts may focus on transportation injury and prevention programs or research.

Submit abstract by **January 17**:
<http://db.aastec.net/tmvss/index.html>

Visit the **Tribal Injury Prevention Resource Center**
for more information and resources
www.thetiprc.com

TIPCAP Site	Part	Project Officer
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