

TIPCAP NEWS

Newsletter of the Tribal Injury Prevention Cooperative Agreement Program of the Indian Health Service

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APACHE TRIBE OF OKLAHOMA

“It’s our goal that all children are transported safe and protected.”

Staff making the difference: Antoinette Short, CPSTI, Duke Tsoodle III, CPST, Melvenia Domebo, CPST

The Apache Tribe of Oklahoma Injury Prevention Program is beginning to make a difference in our community. Since the Summer of 2018 our child safety seat (CSS) program, Safe Kids Na-ish-a, made a commitment to raising the awareness of preventable injuries in children. With continuous support from TIPCAP funding, we were able to further our goal of keeping all kids safe during transport. We believe that education on child passenger safety (CPS) is the key to a safer ride. Our goal is that parents/caregivers leave our offices more educated and empowered with more knowledge than when they arrived. Our staff is 1 CPS Instructor (CPSI) and 2 CPS Technicians (CPST).

During the COVID pandemic, the availability of recertification opportunities for CPSTs was greatly reduced. As a result, many technicians’ certifications had lapsed and there were fewer instructors for classes. In response to the lapses in recertification opportunities, our amazing partners at Safe Kids Oklahoma arranged two recertification classes in

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

[cont.] "It's our goal that all children are transported safe and protected."

April 2023 and 6 technicians gained recertification CEUs!

This year the Apache TIPCAP conducted two National Child Passenger Safety Seat Certification Classes. The initial course was in Anadarko from May 23 – 26, 2023 and produced 11 new CPSTs with 5 CPSIs. The second course was at the Comanche Nation in Lawton on October 15 – 18, 2023 and produced 7 new CPSTs and 4 CPSIs. Through these certifications, we reached our goal and increased our ranks with 18 new CPSTs!

In 2023, we had 120 caregivers for one-on-one CSS educational session appointments and distributed 47 car seats at our check station. During our 6 car seat check-up events throughout the year, we distributed an additional 63 car seats for a total of 110 car seats since TIPCAP funding began. Presently, we have educated 253 caregivers.

In April, Safe Kids Oklahoma hosted the 2nd quarter coalition meeting where members made preparations for the Annual Safe Kids Day at the Zoo. Every year, we get involved to be a part of this community education opportunity to ensure families and children avoid serious injuries that can lead to disabilities or even death. Since

the CPS theme was already undertaken by another group, TIPCAP and Safe Kids Na-ish-a decided to set-up an educational booth on child heat stroke related to hot cars. At the May event, we distributed helpful information and tips for parents about heatstroke prevention for kids. We talked about what happens in the hot weather in Oklahoma during the summer months, educating parents that a vehicle can heat up by 19% in just 10 mins, even if the they crack the windows. Unknown to most caregivers, children's bodies reach higher temperatures five times faster than an adult's!

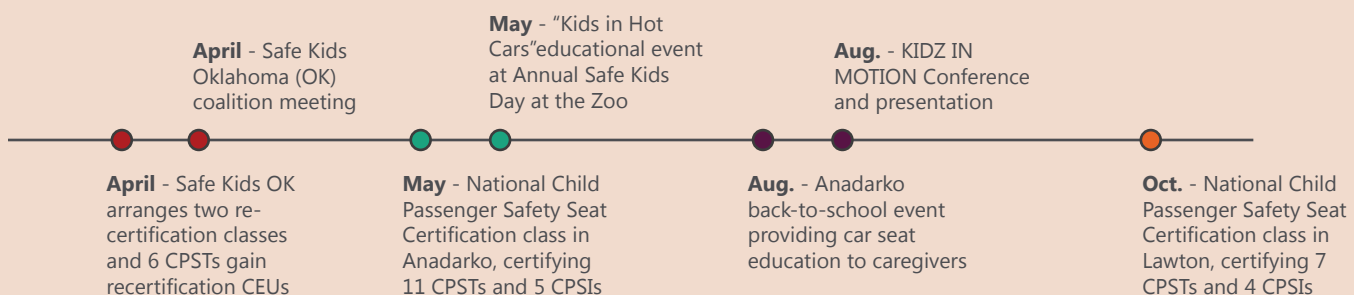
In August, we were invited to participate with the Caddo Nation Community Health Representative Program and Child Care Development Fund to help host the car seat check-up for the Anadarko community during their back-to-school event. As the vehicles started to line up, we had the CPS team ask every fifth vehicle of caregivers to attend a 15-minute education session focusing on the importance of reading the car seat and vehicle manufacturer manuals. We place emphasis on locating and reading the car seat labels as well. Good, Better, Best is acceptable as CPSTs. Best practice is the gold standard of protection and that is

our ultimate goal. Caregivers will leave with the ability to make educated decisions based on their new knowledge.

In August, we attended the 18th Annual KIDZ IN MOTION Conference in Oklahoma City. Mrs. Tabatha Austin-Harris organized a pre-conference learning session on Building Tribal Partnerships. TIPCAP coordinators were invited to do a 10-minute presentation on partnership building. Mrs. Antoinette Short presented on the Apache TIPCAP. During the conference, we attained CEUs for CPS recertification. The same week we completed the Apache TIPCAP's video with Mr. Monte Yazzie's support by filming the TIPCAP video star lol! Hats off to our one and only multi-media wizard/geek and colleague!

We will continue to focus on education of caregivers as the key component of this learning process and will continue to conduct observation surveys at the local daycare centers and child care operations in the community. Data will be collected, summarized, and utilized in planning for future needs assessment, events, and to see if we have made any changes or difference. It's our goal to that all children are transported safe and protected in a vehicle. ■

Timeline of Year 3 Activities for Apache Tribe of Oklahoma



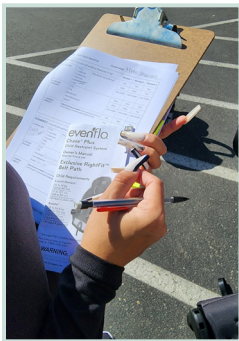
A Break Down of CRIHB's Child Passenger Safety Program

By: Julie Villa

Main Goal of the CRIHB Child Passenger Safety Program

Our primary goal is to build the capacity of our Tribal Health Programs (THPs) to have sustainable Child Passenger Safety (CPS) distribution programs by increasing the number of trained CPS technicians to provide expert car seat education to families, caregivers, and THP transporters. We also work to increase the Community Clinical Linkages (CCL) and access to injury prevention tools, such as car seats, and build community partnerships to reach a larger group with similar goals and objectives.

Data Collection, Tracking, and Storage



We use car seat checklists to collect data on the arrival and departure of a child from a CPS program. This information is collected because it shows that early intervention and education are crucial to safety and cost savings for our THPs and Tribes. Our checklist asks:

- Did the family receive a car seat?
- Did the parent/ caregiver receive education?
- What extra education did you provide the family?
- Was any/all misuse corrected?
- Did the family leave safer than when they arrived?

CPS Data Success

The CRIHB Injury Prevention Coordinator provided all sites of service with iPads so they could use the National Digital Car Seat Check Form (NDCF). All sites will be able to extract data and graphs to report back to Tribal Health Programs and Tribal Council and can correct all identified misuse in the community to ensure our children are riding properly restrained, parents/caregivers have been educated by trained CPS Technicians, and car seats are provided to families as needed.

Training CPS Technicians

Training CPS technicians who can provide expert community education is also vital to a sustainable CPS program.

- Growing the capacity of our THPs, Tribal staff, and Community Champions is cost-saving in the long run by providing services locally versus sending staff out to the area.
- Tracking all certified CPS technicians' dates of certification/ recertification shows that they are our THPs; tribes find this certification valuable and needed to keep our families safe.
- Increasing the number of car seat-age children riding properly restrained and parents/caregivers wearing a seatbelt is data worth tracking for future funding opportunities, not to duplicate services to the same family, and to order new stock.



Building Partnerships and Networking

- Partnering with agencies without trained technicians could create revenue for our programs by providing services to other agencies for a fee.
- Partnering with other agencies that might be CPS Instructors can bring education to our rural communities. The teacher-to-student ratio is five students to every instructor.
- Partnering can ensure our planned events will continue; if you have a strong partnership and established trust, training can continue in the event of an emergency.
- Partnering and resource sharing with similar goals and objectives is critical to reaching a larger group. Identifying agencies, what resources they have, names, and contact information can be a cost savings to our programs. ■

JCBI'S REFLECTIONS: Barriers, Successes, and Plans for Improvement

By: Kimberly Purvis

The main objective of the Jena Band of Choctaw Indians (JCBI) motor vehicle injury prevention program (MVIPP) is to increase the number of tribal children nine years and younger who are properly restrained within the Jena Band of Choctaw tribal community by 70%. In addition, we plan to conduct a survey with tribal members who receive services to ensure they are still properly using car seats.

So far, we have had many successes. We faced the barrier of losing one of our Child Passenger Safety (CPS) Technicians. But we were able to hire, train, and certify a new staff member, Kimberly Purvis, to replace that technician.

We received approval from our Tribal Council to open the Buckle Up Louisiana program to the public, and so now we hold appointments for the public one day per week at our fitting station. To advertise the new programming, we created and distributed program flyers to the public. We also advertised our public fitting station during the Hardtner Health Fair, through media sites, a billboard, and outside of our building.

We have had great MVIPP project partners who help make our program a success. The Jena Band of Choctaw Indians Tribal Council has been a great support to make sure the program succeeds. Kinetix has helped tremendously with our advertising efforts by helping with our Facebook page, website, and a customized campaign designed for our MVIPP. We also work with local Louisiana Passenger Safety Task Force and recently started working with Focus Outdoor to display our billboard advertising the MVIPP to the public.



Other Accomplishments in Year 3 for JCBI



We installed 8 car seats and distributed 5 new car seats.



We completed 17 observations and 6 online surveys.



Staff attended the Kidz in Motion conference in Florida.



One staff member completed the IHS Intro to Injury and Violence Prevention Course 1 and the National Digital Car Seat Check Form field training.



We partnered with the JCBI Health Department on the 2023 Annual Easter Egg Hunt. At the event, we represented our program, increasing awareness among tribal members. We also provided education and a car organizer to those getting information about the program.

A Novel Tribal Injury Data Surveillance System

By: Maniilaq Injury Prevention Program

For the past three years, Maniilaq Association has been a Part I TIPCAP grant recipient with a focus on elder fall prevention. We have made great strides towards reducing falls through the distribution of ice cleats, the dissemination of educational materials, and the launching of a strength and balance class in one of our twelve communities (Kiana, Alaska). However, one of the most significant advancements that we have made is the development of a regional, electronic-health-record-based, injury data surveillance system.

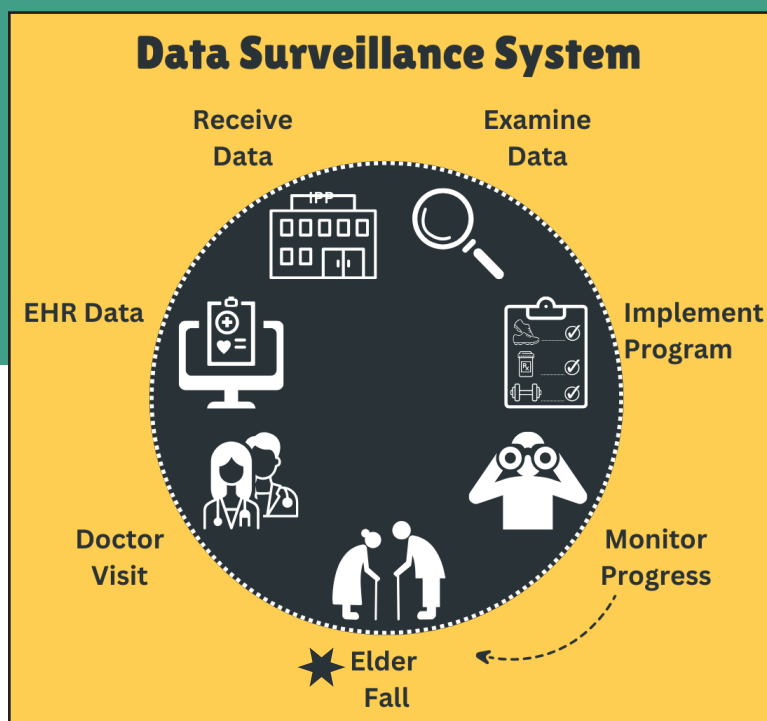
Public health data surveillance is essential to the work of injury prevention. Surveillance is the ongoing, systematic collection and analysis of health-related data. Public health officials use these data as a tool for both identifying community health issues and evaluating the impact of their prevention efforts.

For many years, the Maniilaq Injury Prevention program has had a limited and unreliable surveillance data approach. In this system, community health aides actively recorded injury data at each of our village clinics and reported them to the community health director. Unfortunately, data from this labor-intensive system remained largely unused due to inconsistencies in data reporting. Maniilaq Injury Prevention has therefore relied heavily upon the statewide injury data atlases released by the Alaska Native Tribal Health Consortium (ANTHC) every couple of years. While the ANTHC data portrays a broad picture of regional injuries, it cannot provide the timely and specific data required for a well-functioning injury prevention program.

In 2018, the Maniilaq Association switched to using an electronic health record (EHR) system connected to an enterprise data warehouse, which collects and centralizes health data across organizations. In other words, the days of manually recording injury-related clinic visits are over. In collaboration with ANTHC, Maniilaq Injury Prevention has developed a passive surveillance system that pulls injury data directly from the EHR. Now, we have near real-time data that is both accurate and specific to our region.

The pilot project of our novel surveillance system concentrated on data collection for elder fall-related injuries. These data have already made an impact on our TIPCAP programming. We previously assumed that the majority of fall-related injuries were due to slipping on ice or snow. Our new data system has shown us that while that assumption was accurate, many elder falls also happen indoors. We have plans to adjust our prevention efforts during the last two years of our TIPCAP grant accordingly. Additionally, we look forward to using these data to analyze the impact that our prevention efforts are having on the communities that we serve.

The novel, EHR-based, injury data surveillance system at Maniilaq Injury Prevention is an exciting advancement that will have long-term impacts, including improving our understanding of the region's unique injury landscape and aiding in the evaluation of our programming. ■



"Standing Strong on Your Feet" and "You Matter"

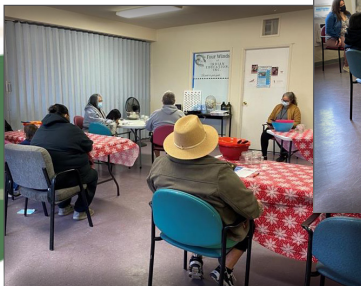
By: Amanda Holley

Hello from the rice capital of California. My name is Amanda Holley, and I am Northern Valley Indian Health's Injury Prevention Program Coordinator. With the continuous support from the TIPCAP grant, Northern Valley Indian Health (NVIH) has been able to maintain "Standing Strong on your Feet," a fall prevention program, and add "You Matter," a suicide prevention program.

Fall Prevention

"Standing Strong on Your Feet" has integrated Bingocize as the program's main strength-and-balance class. Bingocize has participants do body weight movements while answering fall prevention questions, listening to music, and playing BINGO! In addition to Bingocize, "Standing Strong on Your Feet" offers chair yoga, Thera-band, and Healthy Steps.

Bingocize



Chair Yoga



Thera-Band

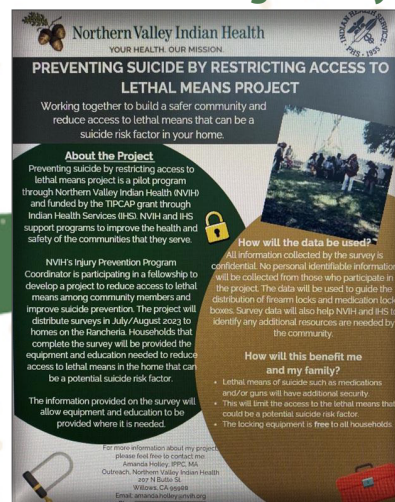
IHS Injury Prevention Fellowship and "You Matter"

Year three of TIPCAP came with many opportunities to expand NVIH's Injury Prevention Program. In Fall 2022, the IHS Fellowship started taking applications, and I was accepted as an IHS Fellow. This Fellowship provides NVIH with the tools to research and pilot a new program that will benefit the community, called "You Matter," a suicide prevention program. NVIH piloted "You Matter" this summer on a Rancheria that NVIH serves. The goal of the pilot was to provide lethal means restrictive equipment, such as medication lock bags and cable gun locks, to all Native Americans and their families in the Rancheria and to have all residents fill out a survey providing data for the program and feedback on what additional resources and equipment are needed in the community. As August came to an end, staff provided over 50% of the residents on the Rancheria with the lethal means restrictive equipment. By Spring 2024, "You Matter" will be introduced to all NVIH clinics. ■

IHS Fellows



You Matter Program Flyer



Amanda and Molly



Strong Partnerships and Keeping Our Elders Balanced

By: Eric Bailon

Hello, everyone, from Santo Domingo Pueblo. Here in Santo Domingo Pueblo, we are focusing on program partnerships and keeping our elders moving in our 3rd year of TIPCAP.

Program Partnerships

We've been working with Kewa Pueblo Health Center and its Public Health Nurses (PHN), along with Santo Domingo Pueblo Community Health Representatives (CHR), and Community Health Workers (CHW). These programs have helped TIPCAP with 80% of our referrals.

These bunch of employees are impressive in the work they do! They make sure our elders get what they need to stay healthy and safe! They educate the elderly in falls prevention; perform medication assessments, making sure they are up to date on their prescriptions and vital checkups; and talk to elders about what TIPCAP services they can provide in falls prevention.

Two CHRs got certified in Tai Chi for Arthritis, and one of the PHNs is certified in CDC STEADI Assessment using the Time Up and Go, 30 sec Chair Test, and the Four Stage Balance Test, which they use to assess elders during home visits.

Working with strong program partnerships and their employees that are enthusiastic about what they do is an essential part of our program. At our monthly case management

meeting, each employee shares their own compelling stories of our elders. I am happy to have the CHR Program working with Santo Domingo Pueblo TIPCAP.

Home Assessments

Our community is unique. Most of our homes were built with adobe, and some are more than 100 years old. Some homes do not have concrete footing, and some have different elevation in each room with dirt floors. Many of our streets are dirt with potholes. Our elders live in these homes and walk these streets to visit relatives or go to a cultural event at the main plaza. Most homes have small restroom space and cast-iron bathtubs that are too high of a step up for some elders.

Home assessments are done by the TIPCAP coordinator to make sure their homes are safe. Recommendations are given if the home has fall hazards or if they are cluttered. We also assess their storage units for fall risks. The TIPCAP coordinator also provides home safety equipment and wheelchair ramps. By working with the San Juan County Center for Independence, they also can provide walk-in showers.

Strength and Balance Classes

So, while we work on getting elders' homes safe and helping them get a walk-in shower, we are also teaching them strength and balance.

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Top: Eric Bailon TIPCAP Coordinator, Charlotte Tenorio, CHR, Sue Ann Garcia, TIPCAP data coordinator, and Kimberly Chavez, CHR. Middle: Interns from Santa Fe Indian School High school Seniors working with TIPCAP. Bottom: Elders doing Tai Chi



[cont.] Strong Partnerships and Keeping Our Elders Balanced

We help keep our elders strong and balanced, up and going, through Tai Chi. Our elders gain their strength and balance back, and they are happy that there is a program out there to help keep their independence and keep them walking and exercising. Tai Chi classes are held at the senior center on Tuesdays and Thursdays, 10:30-11:15 am. Participants are encouraged to come every session.

Participants that attend Tai Chi classes are experiencing difference as they express how their bodies are changing. They also express how they have less pain in their joints and muscles, attributing their pain management to Tai Chi sessions.

One of our participants stated, "Since I started doing Tai Chi, I'm more active. I do more sewing now, as I put it aside for a long time". Another said, "Tai Chi relieves all my stress and worries. When I come on Tuesdays, and we do Tai Chi, the rest of the week I feel better." Another participant said, "Tai Chi really helps me. I was able to dance during our Annual feast day."

Seeing and hearing our elders talk about Tai Chi to their respective neighbors, relatives, and the community has brought some fresh faces to our Tai Chi classes. Even men are starting to take interest in participating in Tai Chi and other activities at the senior center.

Santo Domingo Pueblo TIPCAP has also introduced Tai Chi to CHRs, CHWs conferences, and other surrounding tribes, educating them on the benefits of Tai Chi. Approved by the CDC for falls prevention, we hope they will take it to their communities and implement strength and balance classes.

Our TIPCAP team attended the workshop in Denver Colorado in September, during which we learned about Bingocize. We will be implementing Bingocize in our program. Thank you to TIPCAP for all that you have provided for our elders. ■

WHITE EARTH BAND OF CHIPPEWA

Community Engagement

By: Bryanna Chilton

The White Earth Band of Chippewa TIPCAP program consists of 15 active technicians throughout Tribal Programs. White Earth has had the privilege of being a Part II Grantee since 2015. Over the years, we have trained many technicians and each of them has played an important role in making the car seat program successful here.

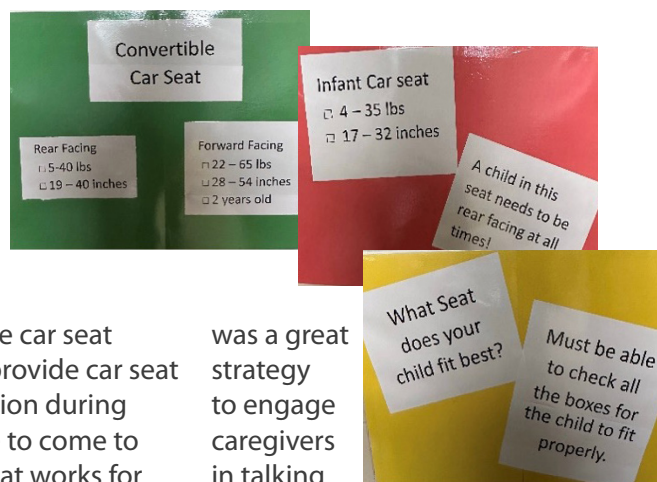
We were able to host a Child Passenger Technician certification course for Tribal employees in July. We had staff from our maternal child program, police department, and Head Start trained.

One thing that is unique to our program is that all our maternal child

health home visitors are car seat technicians. They can provide car seat education and installation during a home visit or arrange to come to their home at a time that works for them. This has taken away some of the transportation barriers.

This summer there were community picnics held in each village on the reservation. We decided to hold car seat clinics at three of the picnics. Along with offering car seat education and installation, one of our technicians made poster board signs that shared information about each type of car seat. The poster boards were lined up in front so caregivers could read about each type of car seat. This

was a great strategy to engage caregivers in talking about car seats. You could hear them answering the questions, and this often triggered conversation about car seats. In one community, we were not expecting a great turnout because we have never had a lot of community participation in car seat clinics there previously. By partnering with the community picnic, we had a great turnout, and people were so appreciative of the program. We will continue to explore different ways to engage with the community. ■



Indigenous Cultural Determinants of Health: *Tribal Injury Prevention Medium and Message*

By: Sixtus Dominguez

The Albuquerque Area Indian Health Board Inc. (AAIHB) & the Albuquerque Area Southwest Tribal Epidemiology Center's (AASTEC) Tribal Injury Prevention Program (TIPP) serves and supports 27 Bands, Tribes, Pueblos, and Nations in an area that is spread out over NM, CO, UT, and TX.

Tribal Injury prevention in our area is multifaceted, not only in its geography, but also in our approach, where we work to address the unique requests of the various communities we serve by holistically implementing evidence-based interventions. Three significant focal points within this sphere of TIPP's work are tribal older adult fall prevention, motor vehicle safety with a specific emphasis on child passenger safety (CPS), and the pivotal role of Tribal Injury Prevention Coalitions. These injury prevention strategies are the praxis of TIPP: implementing meaningful, effective, prioritized partnerships, cooperative agreements, grants, and awards to reduce unintentional injuries.

TIPP serves and supports tribal communities in several ways. TIPP partners and works with Tribal Health Administrators, CHRs, IHS Environmental Health officers, NM DOH, Law Enforcement, EMS/EMT, Head Start, Senior/Elder Services, Wellness Centers, Housing Authorities, Social Services, Public Health Nursing, Diabetes Prevention Programs, and more. Tribal programs consistently partner with TIPP to conduct evidence-based interventions, trainings, and meetings to support injury prevention efforts in the IHS Albuquerque Area.



Mr. Calabaza, a language speaker and CHR from Santo Domingo Pueblo, at a TIPP CPS Clinic in 2023.

Culture Keepers: Indigenous Cultural Determinants of Health

Culturally specific language can influence the perception and utilization of child safety measures and tribal older adult fall prevention outcomes. Here is an example of how.

In the Albuquerque Area it is the CHRs who are often leading the IP work on the ground. Many of these outstanding individuals also know and speak their Indigenous language and are using this traditional cultural knowledge and method to influence and communicate with the community members we serve. This materializes and is operationalized by translating and disseminating information to elders, parents, caregivers, children, toddlers, and infants about injury prevention with information and education, simultaneously whilst conducting tribal evidence-based activities and interventions. This can occur at any of the activities TIPP coordinates: a CPS

Clinic, a CPS curbside/individual check, a Tai Chi Class, a Tai Chi Instructor certification training, a CDC STEADI toolkit training, an AHA First Aid CPR AED certification training, or a tribal IP coalition meeting. This Indigenous language process helps support strength-based protective-factors through the form of Indigenous Cultural Determinants of Health (IDCH). This comes directly from Indigenous Scholars at the AASTEC Indigenous Data Sovereignty and Data Governance meeting, with Dr. Maggie Walter and Dr. Ray Lovett, an in-person meeting October 18th, 2023, at the exterior boundaries of Pueblo of Isleta.

Many of our partners are also family to the clients we serve, and this is another ICDH: family, kinship, and community. Being a good relative means being present and meeting individuals or groups where they are at, adjusting oneself to the priorities of the communities with Cultural Humility, to support their IP requests. TIPP continues working towards tribal public health implementation of Indigenous methodologies, approaches, and strategies to reduce unintentional injuries.

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Tribal Tai Chi Instructors at Pueblo of Pojoaque in 2023.

[cont.] Indigenous Cultural Determinants of Health: Tribal Injury Prevention Medium and Message



Tribal Injury Prevention Coalition

Tribal Injury Prevention Coalitions can serve as a cornerstone in unifying efforts to address various safety concerns within tribal nations. These coalitions can work collaboratively to assess community priorities and support and develop culturally appropriate interventions and trainings and implement and practice strategic injury prevention.

The Albuquerque Area Tribal Injury Prevention (AATIP) Coalition held an in-person meeting that began and ended with a prayer and song from the Pueblo of Jemez Cloud Eagle Singers drum group. The meeting had 30 participants, including two children. Two of the participants were also present at the formation of the coalition 8 years ago. Of the 30 participants, 28 were Tribal members from 8 area tribes. Two CPS boosters, 2 CPS convertibles, and 20 Tribal maternity baby bags with supplies for new mothers were given away, and 450 Tribal fall prevention checklists were distributed. The agenda included regional injury data and the “Four

Agreements,” a guide for coalition ‘play’ rules. In addition to the evaluation for the event, 24 TIPP regional assessment surveys were collected. The mission and vision exercises were facilitated by Poston Associates, an Indigenous Woman and Pueblo-owned business, who facilitated focused conversations, community participation, discussion, consensus, and decision making throughout the meeting. This coalition meeting provided opportunities to move the vision and mission of the coalition forward. Breakfast and lunch provided coalition members with time for nourishment and to reflect and network with one another. The coalition meeting also included Tai Chi demonstrations and participant body movements during breaks, led by Eric Bailon from Santo Domingo Pueblo.

Through internal and external partnerships with local public health organizations, tribal leaders, law enforcement agencies, and other community stakeholders and health program staff, these coalitions can facilitate more comprehensive and holistic programs tailored to the specific IP request of each tribe. By

leveraging the strength of collective action and initiatives with Cultural Humility, coalitions can promote a safer environment for like-minded individuals and stakeholders to gather and create a stronger sense of unity within tribal communities regionally.

In conclusion, the holistic approach to injury prevention in tribal communities necessitates community-led, culturally informed strategies and dynamic, meaningful, and effective engagement. By addressing tribal older adult falls, ensuring child passenger safety, and establishing effective meaningful and collaborative injury prevention coalitions, we can create safer environments and strengthen overall well-being and quality of life. TIPP is part of the trend integrating Indigenous methodologies with evidence-based activities supporting healthier and safer tribal communities. Data that comes from Indigenous methodologies reflects the cultural complexities and is inclusive of linguistic and regional diversity and sustainable successes. Indigenous Cultural Determinants of Health are the Injury Prevention Medium and the Message. ■

BAKERSFIELD AMERICAN INDIAN HEALTH PROJECT

Treading Together with Tai Chi

By: Joseph Anderson

Thanks to our TIPCAP partnership, we have taken great strides to decrease the risk of falling in our elder population by implementing one-hour Tai Chi classes twice a week. Tai Chi involves slow-motion flow that can deliver several health benefits, including better balance, mobility, and coordination. Tai Chi can also improve mental focus and physical effort to increase strength and flexibility to help reduce the likelihood of falling. Fear of falling and balance impairment are prevalent in older adults, and Tai Chi can be a beneficial exercise to reduce stress and build more confidence to help overcome activity restrictions, thus resulting in a more active and involved lifestyle.



Tai Chi has been a wonderful exercise choice for our elders because of the slow and steady movements that are low-impact and easily learned. Movements can also be adapted, and some moves can be made while seated. If someone has a sore ligament, bad knee, or ankle, the participant decides how much to stretch throughout the movement. Participants start gradually and exert themselves to the level where the exercise feels comfortable, safe, and sustainable.

Another reason Tai Chi has been a great choice for our elder population is that it can enhance their ability to navigate real-life activities like carrying groceries or climbing stairs. This helps them avoid the trap of believing they are too old or out of shape to learn something new. In Tai Chi, every movement flows into the next movement slowly, calculated, and very balanced. Most movements utilize circularity and cycles that come to an end only as the beginning of the next movement takes shape. Concentrating on each movement helps the mind to relax and relieves stress, leaving our elder participants mentally calmer with more energy after each session. Deep breathing and learning to focus can also help improve balance to further help with the prevention of falls. ■

CHOCTAW NATION OF OKLAHOMA

The Choctaw Nation TIPCAP Program Has Been BUSY

By: David Jones & Consuelo Splawn

In September...

Our Program Coordinator, as well as partnering CPS Techs and the program leadership team, were able to attend the Annual TIPCAP Workshop in Denver, CO. Our program gained valuable information as well as made great connections with other TIPCAP programs.

In October...

October brought about some great safe opportunities for our families. With our partners and technicians' help, and the Safe Kids Worldwide organization, we had a successful Car Seat Check event. We were able to hand out over 25 car

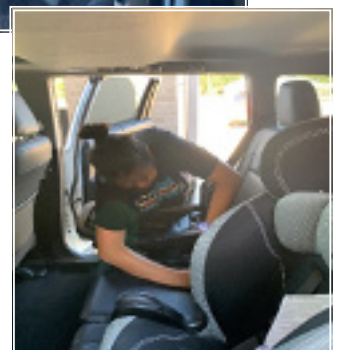
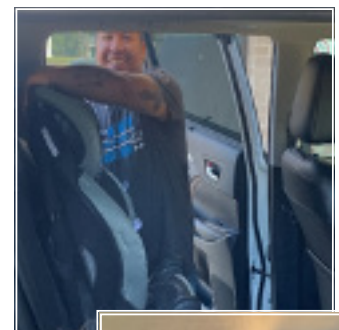
seats in 4 hours. Six of our technicians were able to get car seat checks to keep their certifications! This event also helped us create a new partner with the Choctaw Nation Housing Authority.

Choctaw Nation TIPCAP also attended a couple of community outreach events, as well as attended a Choctaw Nation HeadStart Parent Committee meeting to discuss our program. This led to a request for a Car Seat Check in November.

In November...

We hosted a Car Seat Check November 2 at the Choctaw Nation Idabel Childcare Center.

Chi Pisa La Chike! (Until we meet again!)



Spreading Injury Prevention Messages to Kaw Nation

By: LaVina Clark

Elder Fall Prevention

January 2023, we started working with our precious elders on Elder Fall Prevention. My first call was from an 87-year-old man who was falling up and down his porch steps and needed a ramp. I contacted our area Retired Senior Volunteer Program (RSVP) and partnered with them. During this process, this elderly man had fallen again and laid out in the cold until the fire truck came and got him up. It broke my heart when his wife said, "All I could do was cover him up with a blanket." He laid out in the freezing cold for 15 minutes before help came. I then called RSVP again and advocated for him to be put on top of the list, which he was.

Another elder we helped was an 80-year-old woman that needed a 13ft rail to her basement. After

doing her home assessment, I discovered she didn't have a rail to her front porch steps, so we did that as well.

This year, I became a part of the Senior Resource Network of Northern Oklahoma and attend their monthly meetings and participated in our "Seasons of Aging" event in May 2023. I also had a table at the United Way's "Day of Caring" on May 13, 2023. I'm enjoying networking with area programs that can help our elders and where I can refer them to resources they need.

Suicide Prevention

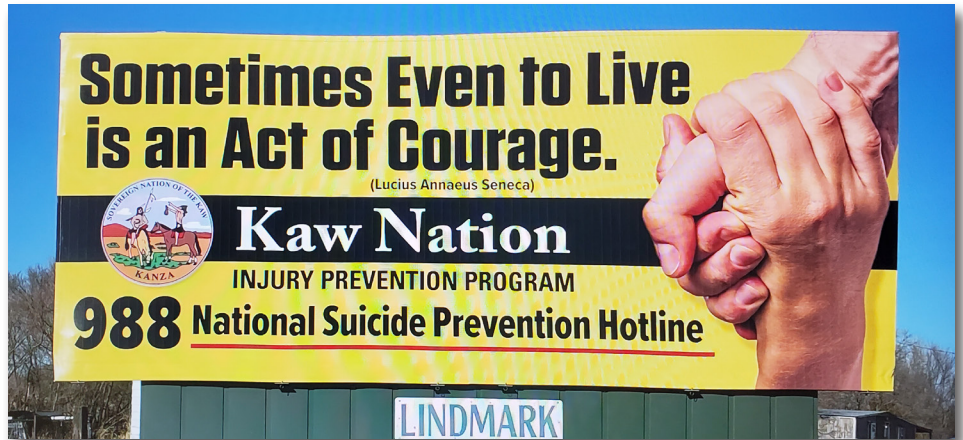
I also put a billboard up south of Ponca City for suicide prevention, promoting the 988 Mental Health hotline. I post on our program Facebook page daily for suicide preven-

tion, passenger safety, and elder fall resources information.

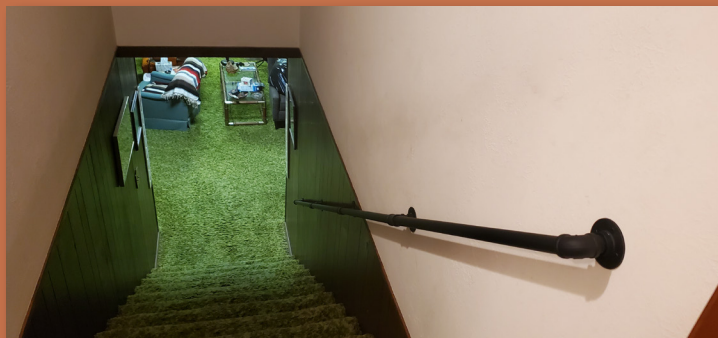
Child Passenger Safety

To this date we have given 168 car seats out either at the office or at our car seat check events. I am very grateful for my Project Manager, David Bales, who has come and helped by doing installations before I was a certified tech and at all our car seat check events. I also have 4 car seat techs that help when needed.

I have introduced Buckle Bear and the curriculum to the area childcare centers and pre-school in Kay County. While we do our presentations to the kids, they also get their own Buckle Bear to take home with them, which shows them where the chest clip is to be and how the buckle is buckled. ■



Left: Photo of a 13ft rail installed in the elders' home. Right: The ramp installed in the elder's home.



Updates from the Navajo Department of Highway Safety

By: Brian James

The Navajo Department of Highway Safety (NDHS) is a centralized program located at the Navajo Division of Transportation (NDOT) Office Complex in Tse Bonito, NM under the direction of NDOT and with a focus towards highway safety awareness.

NDHS operates with Navajo Nation general funding, with supplemental funding from the IHS Tribal Injury Prevention Cooperative Agreement Program, and from the Federal Highway Administration as part of the Direct Funding Agreement for the Navajo DOT.

NDHS Prevention Focus Areas

NDHS works to bring extensive awareness and education in the area of injury prevention and to produce safe driving habits and make roadways safer in these ways:

- Prevention of underage drinking and impaired driving
- Occupant protection including seat belts and child restraints
- Prevention of distracted driving
- Prevention of aggressive driving
- Road rage management
- Awareness of existing seatbelt law, child restraint law, and alcohol impairment law
- Working with law enforcement
- Safety campaigns
- Crash data compilation and analysis

Child Passenger & Traffic Safety Accomplishments

- Marketing campaigns continue through radio advertisements, newspaper advertisements, and social media in the areas of impaired driving, distracted driving, child passenger safety, and holiday safety messaging.
- Outreach activities were conducted by Department staff who set up informational booths at Navajo Nation-wide events in all agencies.
- In-person presentations were conducted at schools and at community events. A total of 2,000 adults and 5,000 students received education.
- Partnership with outside Indian Health Services for seat belt surveys and car seat usage surveys.
- Car seat clinics were conducted in the communities of Crownpoint, NM; Pueblo Pintado, NM; Tuba City, AZ; Monument Valley, UT; and Prewitt, NM. Along with the car seat clinics, we have our inspection station every Friday. So far, 85 families were assisted with education and received child restraints.
- NDHS also continues to build CPS capacity on the Navajo Nation and other neighboring tribes by offering Child Passenger Safety Technician courses. This year we were able to host one in Tuba City for the Tuba City Regional Health Care Facility and in Tse Bonito, NM for the Hopi Tribe. ■



Connecting with Youth through Community Safety Events in Alaska

By: Katie Hannon

The Norton Sound Health Corporation (NSHC) Injury Prevention Program (IPP) collaborates with the community to prevent traumatic brain injuries (TBI). NSHC participated in two big events this year: the Halfway point for the Iron Dog Race in February and the Bike Rodeo in June.

The Iron Dog Race

The Iron Dog is the world's largest snowmobile race. It covers over 2,500 miles from Big Lake to Kotzebue then to Nome and back to Big Lake. It is also known as the toughest snowmobile race in the world. Having grown up in a village in the Norton Sound Region, the Iron Dog was a huge event that we looked forward to as kids. It brings excitement to the community after a long dark winter, and it has always been something the kids in the community get involved in. I remember as kids the schoolteachers would take us on field trips to watch the Iron Dog racers come into town, meet their check point, gas up, and continue with the race. We would make signs for our favorite teams to cheer them on, and sometimes we would be able to get our pictures taken with the racers.

This year, Nome hosted an Iron Dog halfway banquet for the Iron Dog racers to connect with the community. I thought that this was a great opportunity for the Injury Prevention program to collaborate with the Iron Dog and get kids engaged in snowmobile safety and helmet use. There was a special guest at the event, Walker Evans, who is a well-known racer. Some may know Walker from the famous Walker

Evans Shocks that racers use on their snowmobiles. He was there signing helmets and posters for the youth in the community, and his presence brought a lot of excitement to the event.



The guest speaker at the event, Mike Buck, shared a safety presentation to the youth and the community. Mike was amazing with the youth—he kept them engaged in the presentation with hands-on learning demonstrations. Mike drove the Iron Dog trail days before the presentation, so he was also sharing stories of being on the trail and the risk factors that can happen to anyone traveling in that environment during that time of the year. Mike Buck teaches ATV safety and is part of the Alaska Safe Riders company. He will be a great resource and collaborator for the Iron Dog Race and the NSHC IPP. We all have the same goal and the same purpose: to keep our riders safe and prevent injuries and deaths.

All the Iron Dog racers who reached Nome attended the event. The youth were excited to meet the racers and have them sign their helmets and jackets. It was a highlight for them. Some of the racers volunteered at the event and helped with helmet fittings and helmet distribution. Fitting helmets on the youth is very hands on and important that the kids receive a proper fitted helmet so that the helmet doesn't cause an injury. It was a great turnout. Indian Health Services sent up a photographer, Bobby Cook, who was able to capture a lot of great pictures during the event. It was good to see a couple of our local racers at the event helping with the helmet fittings. Both Mike Morgan and Stephan Booth had run the Iron Dog, and both grew up in Nome and have friends and family that attended the event. Mike Morgan has won the Iron Dog three times, and Stephan Booth was the youngest



continued on next page

[cont.] Connecting with Youth through Community Safety Events in Alaska

racer to ever race the Iron Dog. We appreciated having both the talented racers at the event, giving back to their community.

The Iron Dog donated 50 snow-mobile helmets to distribute at the event, and 10 helmets were donated by the IPP. Having 60 helmets distributed to the community in one night had a huge impact on helmet use in the community. Weeks and months after the event, our program had been conducting helmet use surveys in the community, and what we had noticed is about 50 percent of the helmets that we observed being used were donated by the Iron Dog.

Nome does have a couple of snow-mobile shops that do sell a limited supply of helmets, but options are still limited with the sizes and the prices of the helmets. NSHC IPP sells helmets out of their injury prevention store at subsidized prices, but other than that, Nome does not have a store that sells helmets. Sometimes the cost of shipping for one helmet up to Nome can range from \$30 to \$50, not including the price of the helmet. A lot of community members have responded to the IPP helmet use survey that it is hard to afford a helmet.

NSHC Bike Rodeo

The other big TBI prevention event was the Bike Rodeo in June 2023. It was a huge success. It was our third year hosting the Bike Rodeo, and they just keep getting better and better! We had so many businesses around town donate prizes for the event and NSHC Administration provided lunch, and AC, the local grocery store, provided sugar-free drinks. Bonanza donated a bike, bottled



water, and other outdoor activity toys for door prizes. Bering air, the local airline, also donated some swag for door prizes.

The IPP team invited several different departments to attend the event and promote their programs, including WIC, Eyecare, Dental, Audiology, CAMP, and Summerise Interns.

Safe Alaskans assisted by sending two child passenger safety technicians from Fairbanks to help with car seat installation and education at the event, joining Katie Hannon, Kathy Holly, and Hilary Fello. Car seat safety is another way that we promote TBI prevention for the little ones.

We also offered hearing and vision screenings at the event. The message was that you need to be prepared to ride, you need to be able to see your surroundings and hear your surroundings, and you need to be wearing a properly fitted helmet. Another important safety tip that we teach the youth at the bike rodeos is that your bike needs to be properly maintained and safe to ride.

The police volunteered at the event by patrolling traffic and making sure the kids were safe while riding their bikes. They also provided bike registration.

We had 3 local volunteer mechanics do light maintenance to the kids'

bikes at the rodeo and helped kids fix their bike chains, check tire pressure, and tighten their handlebars.

After the kids were properly fitted for their bike helmets and their bikes were tuned up, they were able to cruise the little mini course that we made in the parking lot of the main hospital.

Our special guest at the bike rodeo was Oliver Hoogendorn. Oliver grew up in Nome and has accomplished many exciting adventures. He and his brother won first place on Race to Survive, a tv show. He also biked to college in Colorado. He is well known in the community, and the youth look up to him as a role model. You could see the excitement in the youth when they saw Oliver doing the bike helmet distribution and bike helmet fittings.



Working at these events with the guys who grew up here in Nome, having that connection to the community, is very meaningful. They present the safety messages and the importance of helmet use to the community and youth in a way that makes them more engaged. The youth look up to their role models and they want to be cool like them, wearing their helmets. I look forward to working with them again at future events. ■

Preventing Elder Falls in the Stockbridge-Munsee Community

By: Cami Miller



Above: A local pharmacist presents on how medications can affect fall risk in the elder population.

We continue to move forward with our fall prevention program by working to improve staff and provider involvement with the STEADI assessments to generate referrals for education, home assessments, the Stepping On program, or physical therapy to improve safety and functional mobility among our elders. Our goal is to help our community elders remain in the home and maintain independence with decreased risk of falls.

Recently, we held a luncheon on medication and falls with one of our pharmacists as the speaker. He discussed how medication can increase fall risk through various mechanisms such as sedation, slower walking speed/slower movements, impaired cognition, postural hypotension (low blood pressure), and taking many types of medications.

Other events include our Stepping On program, a booth at our community Safety Fair, and a short online quiz for fall prevention awareness. Aside from the events that were held, we continue to submit educational flyers regarding fall prevention to tribal newspapers and elderly newsletters.

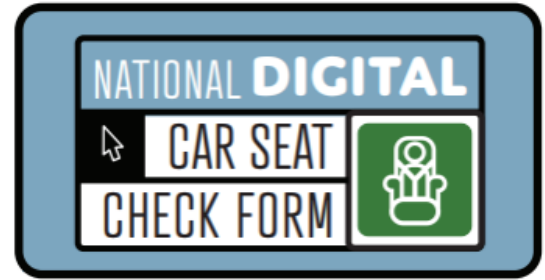
A staff member was certified as an exercise and aging specialist, which will assist in improving elders' flexibility, strength, endurance, and balance to decrease fall risk so they can continue to be independent at home and in the community.

Since our last newsletter publication, we have completed 16 STEADI assessments and 15 home safety assessments with community elders. We were able to assist them with minor modifications in their homes such as removing throw rugs, rearranging furniture, and providing them with night lights, grab bars, reachers, and anti-slip bath/shower mats. We continue to partner with our Division of Community Housing Department to assist with other modifications such as installation of grab bars, handrails for stairs, ramps, and fixing loose deck boards or steps.

In the future we will continue to provide home safety assessments, STEADI assessments, assistance with home modifications, exercises/programs, and resources for our elders to decrease their fall risk and maintain their independence. ■

National Digital Car Seat Check Form

Putting Data to Work



The National Digital Car Seat Check Form (NDCF) is a free resource offered for all certified child passenger safety technicians (CPSTs), CPST instructors, CPS program managers, and the Indian Health Service (IHS) area injury prevention specialists. Data collected on car seat paper check forms can be difficult to compile and sort through. However, these check forms capture important data that provide programs with vital information about the life-saving work conducted in the field of child passenger safety with parents and caregivers.

The NDCF is a great opportunity to streamline data and reduce reporting burdens for technicians. CPSTs have instant access to their car seat check data collected, which can be used to monitor trends, track seat distribution, accurately report seat check activity throughout your service area, and record issues encountered in the field. Another key feature while using the NDCF is that vehicles can also be checked for safety recalls to keep caregivers and their families safe.

What happens to the data?

The NDCF includes a tiered-access system, allowing injury prevention programs (once approved) to have immediate access to data collected using the NDCF. Data can then be used to develop reports or have customized data dashboards. All data collected is saved on a secure server and does not contain any personal identifiers. Considering the professional obligation to respect privacy rights of parents and caregivers, personally identifiable information (PII) is not collected through this digital resource.

What platforms are available?

1. On a computer, tablet, or phone
2. A mobile app available for download from iTunes, Google Play, or Amazon
 - Through use of the app, technicians can collect car seat check data in rural areas where internet access or connection to Wi-Fi are limited.
 - Internet access is needed to initially download and set up the app and for updates.
3. A paper car seat check form

How can tribes access the data?

- **Certified CPS Technicians:** Currently, certified CPSTs who have created accounts have access to their own car seat check data.
- **Local Tribal Program Managers:** Injury prevention program managers who request agency access can

track program data in real time (e.g., TIPCAP Site Coordinator or local tribal injury prevention program manager).

- **IHS Area Injury Prevention Specialists:** All state coordinators have access to data that is collected in their respective state. Similarly, the National Safety Council has worked with IHS to provide all tribes, regardless of services received, with the option of storing data as part of the tribe's IHS area. Data collected will not be included in state data files.
- **IHS HQ Injury Prevention Program Manager:** IHS will have access to all of the data listed under each of the twelve IHS areas.

For more information on the NDCF:

- Website: [CarSeatCheckForm.org](https://www.carseatcheckform.org)
- Technical support: info@CarSeatCheckForm.org
- Training and field support: training@CarSeatCheckForm.org
- Frequently Asked Questions: <https://www.cpsboard.org/ndcf/frequently-asked-questions/>
- NDCF training webinar recording is available on [TIP-CAP.org](https://www.tipcap.org)



TIPCAP ANNOUNCEMENTS

Annual Workshop Location & Date Set

Exciting news! Please save the date for the 2024 Annual TIPCAP Workshop to be held May 20-22, 2024, at IHS Headquarters in Rockville, MD.

This workshop will coincide with the IHS IP Fellowship Symposium on May 22, 2024.

Further details will be announced in the coming months.

Annual Progress Reports are due March 31, 2024!

The next Annual Progress report is due March 31 and will cover July to December 2023. Plan ahead and keep in mind the following:

- Report should be submitted to projects officers for review by March 15th, 2024
- Reports should be submitted by March 31, 2024 in Grant Solutions
- Submitted reports should include the progress report narrative, cover page with reporting checklist, data reporting forms, and Federal Financial Report (FFR, SF-425)
- Visit [TIPCAP.org](https://www.ihs.gov/tipcap/) for reporting templates and tools

IHS Injury and Violence Prevention Trainings

Safe Native American Passengers (SNAP)

Fort Hall, ID | January 5, 2024

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

IHS Introduction to Injury Prevention

Virtual | February 5-9, 2024

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

Registration opens 12/22/23 at 10:30am ET

IHS Injury and Violence Prevention Course 3*

Virtual | January 30 - February 1, 2024

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

*Prerequisite: IVP 1 Courses and 2

Injury Prevention Conferences

On Aging Conference

San Francisco, CA | March 25-28, 2024

Link: <https://www.asaging.org/on-aging>

National Transportation in Indian Country Conference

Arlington, VA | May 6-8, 2024

Link: <https://www.ncoa.org/article/age-action-2024>

Lifesavers National Conference

Denver, CO | April 7-9, 2024

Link: <https://lifesaversconference.org/future-conferences/>

Safe States Injury & Violence Prevention Conference

Portland, OR | August 20-22, 2024

Link: <https://www.safestates.org/page/AnnualConference>

SAVIR Conference

Chapel Hill, NC | April 15-17, 2024

Link: <https://www.savirweb.org/aws/SAVIR/pt/sp/conference-24>

Kidz in Motion

Champions Gate, FL | August 22-23, 2024

Link: <https://kidzinmotion.org/>

TIPCAP

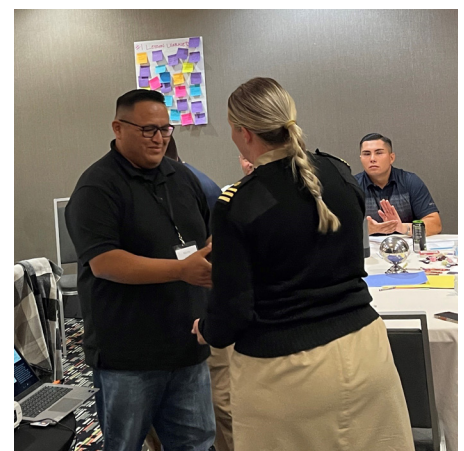
ANNUAL WORK SHOP



We were finally able to host an in-person TIPCAP workshop in Denver from September 14th-15th, 2023. There were over 40 participants, which included both Part I and II coordinators and staff, IHS Injury Prevention colleagues, and the TIPCAP monitoring contract team. The workshop included videos showcasing TIPCAP programs, networking activities, administrative updates, a Bingocize demonstration led by Joseph Anderson from Bakersfield American Indian Health Project, reviews of program evaluation plans, and a feedback activity for TIPCAP resources and data collection forms. The workshop received high marks, with 95% strongly agreeing or agreeing that it was a good use of their time, and 94% saying that they will apply what was discussed in their work. The Bingocize activity was also a highlight, with people commenting that it was fun, interesting, and a great presentation. A big thank you to Joseph for leading the activity! For the next workshop, some people suggested having more sessions similar to the Bingocize activity or bringing in a guest speaker.

All of the resources from the workshop, including program videos, the post-it note activity, presentation slides, and a list of incentive ideas can all be found on TIPCAP.org on the Annual Workshop page. This also includes resources from the virtual site visits that occurred on September 26 and 28, 2023. If there is anything not included from the workshop or site visits on TIPCAP.org, please contact either Holly McKinney (holly.mckinney@cuanschultz.edu) or Jenn Russell (jenn.russell@cuanschultz.edu).

In closing, although we have had many online calls and meetings over this cycle of TIPCAP, no technology can replace the value of in-person networking. Many attendees commented that their favorite part of the workshop was simply getting to meet other people. This workshop allowed for face-to-face conversation, connections between people, laughter and camaraderie, and most importantly reminded us that the injury prevention work we do in our communities does not go unnoticed and unsupported. We want to extend a huge thank you to all of you! We are already looking forward to seeing everyone next year on May 20-22, 2024, at IHS headquarters in Rockville, Maryland!



Top: Monte Yazzie receiving the Rick Smith Injury Prevention Award 2022. [Read more about that here.](#)
Bottom: Joseph Anderson graciously provided a demonstration to the group of Bingocize! People enjoyed the excuse to move around and answering the fall prevention trivia questions.

SITE VISITS

As we all continue to make a return to normal (and try to stay healthy!), it has been great to restart some in-person activities. This year, we were finally able to resume our annual site visits to TIPCAP programs' communities. CDR Andrea Tsatoke, Jenn Russell, and Holly McKinney had the opportunity to travel to several TIPCAP program sites during the past few months and have experienced first-hand the wonderful injury prevention (IP) work being done through TIPCAP. We're excited to share with you some of their experiences during the visits.



A resource table from RMTLC.

Rocky Mountain Tribal Leaders Council (RMTLC), Billings, MT

During their visit to the TIPCAP program of RMTLC, Andrea and Jenn had the pleasure of accompanying TIPCAP Coordinators Ashitha and Elaine on a site visit to Crow Agency. It was a great opportunity to meet with Environmental Health Specialist, Bailey Chalfant, and LeeAnn Bruised Head, Crow Tribal Health Director. Ideas were shared about local IP priorities, such as bringing a CPS Tech training to the community for members of law enforcement, CHRs, public health staff, and others. RMTLC shared their annual morbidity and mortality reports with the staff, which helped to identify IP priority areas in the community. We finished out the afternoon at the RMTLC office accompanied by Project Officer Darcy Merchant and spoke about future priorities for the program and upcoming activities, such as the annual IP strategic planning training for all tribes in the Billings area.

Santo Domingo Pueblo, NM

Andrea and Jenn traveled with Project Officer Jay Wyatt to Santo Domingo Pueblo to meet with the IP team. The visit included a trip to the senior center where the group had the chance to participate in a Tai Chi class with elders, led by IP Coordinator Eric Bailon and instructor in-training, Charlotte Tenorio. Many of the elders approached Jenn and Andrea following the class to express their satisfaction with the Tai Chi classes and specifically mentioned how they've noticed positive changes in their strength and confidence in preventing falls. It was a great visit and a wonderful turnout!



Eric Bailon leads the elders in Tai Chi.



A car seat clinic hosted by AAIHB.

Albuquerque Area Indian Health Board (AAIHB), Albuquerque, NM

During their visit with AAIHB, Andrea and Albuquerque Area IP Specialist Antionette Toya met with Coordinator Sixtus Dominguez and got an update on all of the great work that their program is doing. Sixtus is implementing several IP activities including car seat clinics, fall prevention activities, and running a successful area-wide IP coalition. The relationships made across tribes and with state and local officials and the volume of activities this program has been implementing are incredibly impressive!

Tuba City Health Care Corporation (TCHCC), Tuba City, AZ

Andrea, Jenn, and Holly traveled to TCHCC where they met with the IP team and Project Officer Zoey McKenzie. Hearing about TCHCC's approach to prioritizing IP activities by collaborating with a larger team, including clinicians, behavioral health professionals, local law enforcement, and others, was inspiring. The visit also included a trip to the local high school to sit in on a suicide prevention training for school staff. TCHCC staff also shared videos on fall prevention in Navajo and Hopi languages which are shown at the clinics and across the community. A highlight of the visit included a tour of the area, including a 4-wheel adventure to see dinosaur tracks. Exciting!



Beauty captured during the 4-wheel adventure

SITE VISITS



CPS Techs at the Hopi Tribe car seat clinic.

Hopi Tribe, AZ

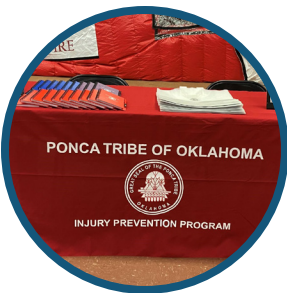
On their visit to Hopi, Andrea, Jenn, and Holly joined the IP team and Project Officer George Chung for a car seat clinic at one of the local Head Start schools. This also included an educational session at the school for the kids, teachers, and caregivers on the importance of car seat safety. Hopi IP Program Manager Greg Sehongva exhibited that he is a true IP expert and leader. Not to mention he had all the kids at the school mesmerized with his great presentation! The team of CPS Techs that put on the car seat clinic did such a great job fitting and installing seats, providing education, and making sure everyone felt comfortable and left the event safer. Unfortunately, the Coordinator, Meghan Talahaftewa, was unable to join us and we missed her, but she was busy welcoming a beautiful new baby. Congratulations, Meghan!

Kaw Nation of Oklahoma, Kaw City, OK

Andrea and Jenn traveled most recently to Oklahoma. There they met with the TIPCAP program of Kaw Nation of Oklahoma. Unfortunately, the weather did not allow the team at Kaw Nation to hold the planned car seat event, so we joined Project Officer David Bales and the IP team at Kaw Nation at their office to discuss current activities and the great progress they have made in meeting their goals. The Coordinator, LaVina Clark, is currently implementing fall prevention, car seat, and suicide prevention activities. It was evident that she has a great support system with the team there, which is especially important as she has multiple IP focus areas that she's working on. Most recently, LaVina has been distributing gun safes and locking medicine cabinets for suicide prevention.



LaVina Clark teaching proper car seat installation.



Ponca Tribe of Oklahoma's information table.

Ponca Tribe of Oklahoma, Ponca City, OK

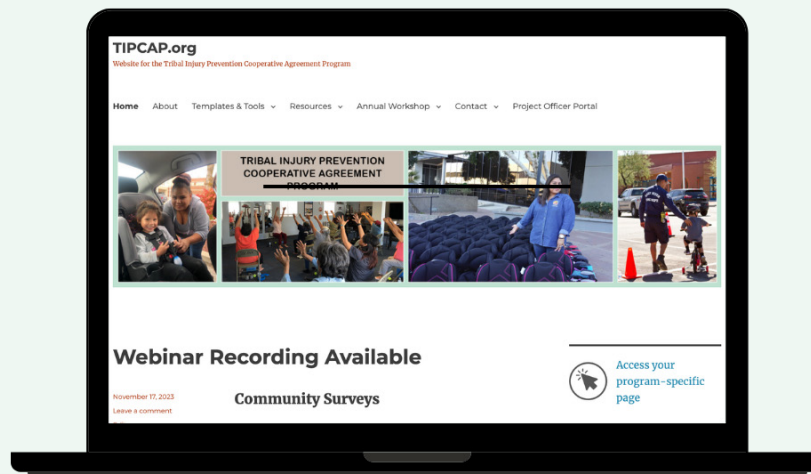
On their trip to Oklahoma, Andrea and Jenn also visited the TIPCAP program of the Ponca Tribe of Oklahoma and met with Jocelyn Jackson, IP Coordinator. They took a tour of the local community and got to see some of the ramps that have been installed for local elders at risk for falls. We also had the opportunity to visit the newly constructed senior center and meet some of the tribal council members. Jocelyn shared with us her plans for holding a fall prevention symposium at the new tribal cultural center in December, and we're excited to hear about its success! Jocelyn collaborates with many local partners, including volunteer organizations and other programs within the tribe, making the program accessible and providing resources needed for fall prevention for elders.

Virtual Site Visits

Our virtual site visits in September were also a success. Those who attended shared resources and tips with one another for program success. Thank you to all who participated!

Thank you to all who so generously hosted us this year. We had a wonderful time getting to know more about your programs and seeing your work in action. We are excited to visit more programs in person in 2024!

The many resources of TIPCAP.ORG



Templates and Tools

Here you'll find documents that IHS or the monitoring contractor have created to help you with reporting or contributing to the newsletter. Think of this as the place to find **TIPCAP-specific documents**.

Resources

We've compiled a HUGE list of resources—too many to describe here! Here's a list of top-level content area:

- **Peer-to-Peer Resources** (*new and still a work in progress!*)
- **Program Implementation Resources**
 - Includes things like Program Planning, Evaluation, Sustainability, and Funding Resources
- **Injury-Specific Resources**
 - Includes topics like Motor Vehicle Injuries and Fall Prevention (of course), but also Traumatic Brain Injuries, Opioid Overdose Prevention, and Suicide Prevention
- **Data Collection Tools**
- **TIPCAP Videos and Webinar Recordings**
- **TIPCAP Programs' Data Profiles**
 - View your fellow TIPCAP Programs' profiles to see the work others are doing and be inspired!

Annual Workshop

If you're looking for resources shared during an annual workshop or for information about the upcoming workshop, this is the place! We'll update this page as decisions are made regarding the 2024 workshop.

Program-Specific Pages

These pages are where you can find your **Program-Specific Reporting Tools**—the tools the monitoring contractor has customized to your program's activities. You can find conference call notes here as well.

Event Calendar

We update this calendar with TIPCAP-specific events and deadlines as well as injury prevention conferences that might be of interest to TIPCAP programs.

Contact Information

Come here for contact info for your fellow TIPCAP program coordinators as well as Project Officers, IHS TIPCAP staff, and the monitoring contractor.

We hope you'll keep accessing this important resource!

If you ever have suggestions or run into an issue, please don't hesitate to reach out to Sara Mumby (sara.mumby@cuanschultz.edu) or fill out this [anonymous survey](#).

TIPCAP Sites and Project Officer Contact Information

IHS Area	TIPCAP Site	Contact	Part	Project Officer
Alaska	Bristol Bay Area Health Corporation	Melany Eakin MEakin@bbahc.org	Part II	Hugh Denny Hugh.Denny@ihs.gov
Alaska	Maniilaq Association	Noah Root noah.root@maniilaq.org	Part I	Hugh Denny Hugh.Denny@ihs.gov
Alaska	Norton Sound Health Corporation	Katie Hannon KHannon@nshcorp.org	Part I	Hugh Denny Hugh.Denny@ihs.gov
Albuquerque	Albuquerque Area Indian Health Board	Sixtus Dominguez ASDominguez@aaihb.org	Part I	Antoinette Toya Antoinette.Toya@ihs.gov
Albuquerque	Santo Domingo Pueblo	Eric Bailon Timothy.Bailon@kewa-nsn.us	Part I	Antoinette Toya Antoinette.Toya@ihs.gov
Bemidji	Stockbridge-Munsee Community	Judy (Vera) Heubel Vera.Heubel@mohican.com	Part II	Casey Crump William.Crump@ihs.gov
Bemidji	Ho-Chunk Nation	Lisa Herritz Lisa.Herritz@ho-chunk.com	Part II	Casey Crump William.Crump@ihs.gov
Bemidji	White Earth Band of Chippewa Indians	Bryanna Chilton Bryanna.Chilton@whiteearth-nsn.gov	Part II	Casey Crump William.Crump@ihs.gov
Billings	Rocky Mountain Tribal Leaders Council	Cyrus Leider, Jr., Cyrus.Leider@rmtlc.org Aishitha Chembeti, Aishitha.Chembeti@rmtlc.org	Part I	Darcy Merchant Darcy.Merchant@ihs.gov
California	Bakersfield American Indian Health Project	Joseph Anderson JAnderson@bakersfieldaihp.org	Part II	Alyssa Bernido Alyssa.Bernido@ihs.gov
California	California Rural Indian Health Board	Julie Villa Julie.Villa@crihb.org	Part II	Tim Shelhamer Tim.Shelhamer@ihs.gov
California	Indian Health Council, Inc.	Alexxa Casanova acasanova@indianhealth.com	Part I	Brian Lewelling Brian.Lewelling@ihs.gov
California	Northern Valley Indian Health, Inc.	Amanda Holley Amanda.Holley@nvih.org	Part I	Carolyn Garcia Carolyn.Garcia2@ihs.gov
Great Plains	Great Plains Tribal Leaders Health Board	Christy Hacker Christy.Hacker@gptchb.org	Part II	Connie Giroux Connie.Giroux@ihs.gov
Great Plains	Winnebago Comprehensive Healthcare System	Jennifer Hardeman jennifer.hardeman@wchs.health	Part I	Connie Giroux Connie.Giroux@ihs.gov
Nashville	Jena Band of Choctaw Indians	Mona Maxwell MMaxwell@jenachoctaw.org	Part II	Michael Hiles Michael.Hiles@ihs.gov
Navajo	Navajo Nation-Department of Highway Safety	Norma Bowman NBowman@navajodot.org	Part II	Zoey McKenzie Zoann.McKenzie@ihs.gov
Navajo	Tuba City Regional Health Care Corp	Tina Billy Tina.Billy@tchealth.org	Part I	Zoey McKenzie Zoann.McKenzie@ihs.gov
Oklahoma	Apache Tribe of Oklahoma	Antoninette "Toni" Short antoninette.short@apachetribe.org	Part II	Tod Narcomey Tod.Narcomey@ihs.gov
Oklahoma	Choctaw Nation of Oklahoma	David Jones, dejones@choctawnation.com Consuelo Splawn, csplawn@choctawnation.com	Part I	David Bales David.Bales@ihs.gov
Oklahoma	Kaw Nation	LaVina Clark lclark@kawnation.com	Part I	David Bales David.Bales@ihs.gov
Oklahoma	Ponca Tribe of Oklahoma	Jocelyn Parker Jocelyn.Jackson2@ihs.gov	Part I	James Isaacs James.Isaacs@ihs.gov
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