

DEC 2025



TIPCAP

NEWSLETTER



TIPCAP Workshop 2025

TIPCAP Coordinators, Program Staff, IHS Officials and Project Officers, and Partners Gather for Final Workshop

By: Jenn Russell

In early August, TIPCAP programs from more than two dozen tribal communities across the country gathered in Madison, Wisconsin, for the annual TIPCAP Workshop—hosted by the Ho-Chunk Nation with the leadership of Lisa Herritz, Program Coordinator for the Ho-Chunk Nation Injury Prevention Program. This year's event marked the final workshop of the 2020–2025 grant cycle.

The workshop, which was held over a two-day period, was led by the monitoring contract team's program director, Jenn Russell. It opened with a blessing by Sixtus Dominguez from the Albuquerque Area Indian Health Board, followed by opening words from CDR Timothy (Matt) Albright, Director (Acting), DEHS HQ IHS/OEH&E and CDR Molly Madson, Injury Prevention Program Manager, Division of Environmental Health Services (DEHS) HQ IHS/OEH&E. CDR including the presentation of a plaque of appreciation for the monitoring contract team at the University of Colorado, Centers for American Indian and Alaska Native Health (CAIANH). Emily Ivanich and Shelby Billie from CAIANH then led the group in an ice-breaker activity filled with laughter and inspiration where participants were challenged to draw and then reflect on how injury prevention has impacted their lives and communities.

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TIPCAP Workshop, cont.

Over the next two days, each TIPCAP site shared their successes through lively lightning-round presentations. With nearly 12,000 car seats distributed and over 7,000 home safety modifications completed, along with countless other achievements across the 27 TIPCAP programs, there was much to celebrate. Participants also shared common challenges, offering one another encouragement and practical solutions to strengthen their programs moving forward.

After a presentation from CDR Andrea Tsatoke, Injury Prevention Specialist, HQ, IHS, DEHS, attendees met one-on-one with their IHS project officers to discuss closeout reports and needs and how to best prepare for the upcoming funding cycle. Several engaging presentations were also given, including one by Jennifer Booge on becoming a Child Passenger Safety Proxy and another by Gina Benson showcasing creative approaches to harm reduction through injury prevention vending machines.

A highlight of the event was the Injury Prevention Booth Fair organized by the Ho-Chunk Nation. Local partners hosted booths covering topics such as ATV/UTV safety, water safety, impaired driving prevention, older adult fall prevention, home safety through smoke and carbon monoxide detectors, firearm safety, and more. The fair gave attendees the chance to network, learn, and gather new ideas to bring home to their communities.

Overall, this year's TIPCAP Workshop was a meaningful conclusion to the current grant cycle—full of connection, creativity, and renewed dedication to preventing injuries and saving lives in tribal communities across the nation. ♦



In this issue

TIPCAP Workshop 2025	1
Bakersfield	3
Washoe	4
CRIHB	5
Kaw	6
Stockbridge-Munsee	7
Jena Band	8
Tuba City	10
AAIHB AASTEC	11
Bristol Bay	13
NVIH	14
Winnebago	15
A Letter from HQ	17
Norton Sound	18
White Earth	19
RMTLC	21
NPAIHB	23
Reminders	25

Tai Chi and Bingocize: Promoting Wellness Among Native American Communities

By: Joseph Anderson

Health promotion programs like Tai Chi and Bingocize are becoming increasingly valuable tools for improving physical, mental, and social well-being among Native American communities. Both activities combine movement, mindfulness, and community engagement, addressing the holistic health approach central to many Native traditions. When offered through tribal health centers or community outreach programs, these activities support wellness in culturally meaningful and accessible ways.

Tai Chi, an ancient Chinese practice, emphasizes slow, deliberate movements, balance, and controlled breathing. For Native American participants, Tai Chi aligns closely with traditional views of harmony between body, mind, and spirit.

Regular participation can improve strength, flexibility, and balance—key benefits for older adults who may be at risk of falls.



Additionally, the meditative aspects of Tai Chi can help reduce stress and anxiety, promoting mental clarity and emotional balance. When practiced in a group setting, Tai Chi encourages social interaction and mutual support, reinforcing community ties and cultural values of togetherness.

Bingocize, a more modern health promotion program, integrates simple exercise routines with the fun and familiarity of bingo.

Participants engage in light physical activity between bingo calls, incorporating movements that improve mobility, strength, and coordination. Beyond physical benefits, Bingocize fosters social connection, laughter, and friendly competition—elements that are especially important in combating social isolation among elders. The program's interactive and playful nature makes it accessible to all ages and ability levels, ensuring broad participation and engagement.



When Tai Chi and Bingocize are offered together, they create a balanced approach to community wellness—blending the calm mindfulness of Tai Chi with the energetic and social aspects of Bingocize. For Native American communities, these programs can be tailored to incorporate cultural values, language, and traditions, making them more meaningful and sustainable. By promoting both physical health and cultural connection, Tai Chi and Bingocize contribute to the larger goal of improving overall quality of life and supporting long-term wellness within Native American populations.

Protecting the Generations – Washoe Tribe of Nevada & California

By: Claudio Magaña

Hello friends, my name is Claudio Magaña, and I am writing to you on behalf of the Washoe Tribe of Nevada & California, representing the Dresslerville Community, Carson Colony, Stewart Community, and Hung A Lel Ti in California. I serve as the TIPCAP Injury Prevention Coordinator, working to support the health, safety, and wellbeing of our Tribal communities.

Our Injury Prevention Program focuses primarily on fall prevention for our elders—our storytellers, teachers, and cultural pillars. To help identify those at the highest risk, we use the CDC's STEADI (Stopping Elderly Accidents, Deaths & Injuries) assessment tool. This evidence-based approach helps us evaluate balance, mobility, and home safety conditions to determine which elders would benefit most from modifications or additional support.



Through home safety assessments, we have been able to make meaningful improvements that help our elders live safely and independently. These assessments often lead to grab bar installations, access ramps, and bathroom safety modifications.

One of our largest and most impactful projects has been walk-in shower installations, completed in partnership with EB Homes, a trusted local contractor. Each installation is carefully planned and completed to meet the unique needs of the elder and their home. These projects not only reduce the risk of falls, but also enhance comfort and accessibility.

In addition to home modifications, we continue to promote balance, flexibility, and strength through a variety of exercise programs. Classes such as Yoga, Tai Chi, and Stretch & Tone are offered to support physical activity and improve confidence in movement. These sessions have become a cornerstone of our program—encouraging elders to stay active, social, and engaged in their wellness journey.

Our program recognizes that many Washoe homes include multiple generations living together, which makes these safety initiatives even more meaningful. By creating safer spaces for elders, we are also protecting children, caregivers, and families who share the same homes. We take great pride in the collaborative nature of this work.

From the use of the STEADI tool to guide assessments, to the skilled craftsmanship of EB Homes, and the dedication of the Washoe community, every step reflects our shared commitment to safety and cultural care.

Together, through home safety and wellness, we are truly Protecting the Generations—past, present, and future. ♦



California Rural Indian Health Board, Inc.

Keeping Tribal Communities Safe on the Road

By: Rahmad Perry

The California Rural Indian Health Board, Inc. (CRIHB) Tribal Injury Prevention Program (TIPCAP) works to keep children in Tribal communities safe by reducing injuries from motor vehicle crashes. This community-based program provides Tribal health programs with tools, training, and technical assistance to protect young passengers every time they travel.

For nearly a decade, CRIHB's TIPCAP has expanded access to Child Passenger Safety Technicians (CPSTs) across Tribal communities. In just five years, the number of trained CPSTs grew from 17 to 68 — nearly a 300% increase. This means many more families now have local access to trusted, certified support to keep their children safe on the road.

With support from CRIHB's Injury Prevention Coordinator, CPSTs provide hands-on assistance to families by:

- Hosting car seat check events
- Offering car seats ranging from infant carriers to booster seats
- Delivering personalized education to ensure proper installation and safe use

Beyond direct services, the program also helps Tribal health programs gather and analyze community data on car seat use. Surveys and observational studies highlight safety gaps, guiding targeted outreach efforts. To ensure CPSTs stay current, CRIHB offers annual National Highway Traffic Safety Administration training for certification and recertification.

Serving approximately 9,000 individuals across six Tribal communities, the program continues to build local capacity, strengthen partnerships, and ensure children ride safely every time they're in a vehicle.

CRIHB TIPCAP REACH

California has 109 Federally recognized Tribes, and 81 Tribes seeking federal recognition.

Service Population: Approximately 14% of the US population who identify as American Indian or Alaska Native (AIAN) reside in California, which has the largest AIAN population in the nation.

Program Snapshot CRIHB Injury Prevention Program



Busy Year for Kaw Nation

By: LaVina Clark

Since our last newsletter article, we've had a very busy year. We completed 87 car seat installations and partnered with Pawnee IHS Nurses, who are new Child Passenger Safety technicians. We also hosted a car seat tech training at Otoe Tribe, where three of their Domestic Violence advocates completed the training. Both program entities now work together to assist with our car seat checks.

We conducted five car seat checks, on July 8th, September 27th, December 12th, March 19th and April 22nd.

We also staffed information tables at several community events, including Ponca Tribe Title VI, Kaw Tribe Title VI programs, Kaw Housing Back to School Bash, Kanza Health Fair, Kaw Child Care Trick or Treat, Ponca Tribe Health Fair, Kaw Nation General Council Meeting. In addition, we maintained a display case at the Kaw Nation Health Center for six months.

On May 1st, we partnered with Ponca City Police Department and provided six car seats for two of their patrol officers who are also Certified Car Seat Technicians. They will now assist us with future car seat check events. We are currently working with them to organize a car seat check event in August before the new school year starts.



Our program is part of the Senior Resource Network Committee of Northern Oklahoma. This program supports our elders, and we share resources and provide quarterly events called "Seasons of Aging" for our Kay County elders. I have conducted 20 elder fall home assessments during this time.

We have two billboards promoting Suicide Prevention, including the 988 Suicide and crisis lifeline. We've also handed out 12 medicine lockboxes, 13 pistol cases and 14 rifle cases. In addition, we held a Suicide Prevention program for teens on September 26th. I was invited to serve as a panelist for "Firearms Injury Prevention in Tribal Committees" on October 20th. From December 2nd thru 6th, I also participated in the IHS Injury Prevention Course 3 training.



Stockbridge-Munsee Community Health Department



By: Cami Miller

Over the past five years, the Stockbridge-Munsee Health and Wellness Community Health Department has dedicated its TIPCAP work to preventing falls among our elders and helping them stay safe and confident in their homes. Through this program, we've conducted home safety and fall risk assessments, provided fall-prevention equipment and home modifications, hosted educational luncheons with guest speakers, offered Bingocize® sessions, and shared information through the tribal newspaper, the Elderly Newsletter, social media, and the tribal website.

Since launching TIPCAP in 2020, we've also used community surveys to better understand fall trends and how elders feel about their own risk of falling. The first Elderly Falls Survey was completed in 2022 and repeated in April 2025.

The results show real, measurable progress:

- 41% of respondents in 2025 participated in a balance or exercise program, up from 29% in 2022.
- The number of elders who said they were fearful of falling again dropped from 76% in 2022 to 51% in 2025.
- The percentage of respondents with a Lifeline or other emergency alert system has more than doubled since 2022.

Our progress has been made possible by strong community partnerships. The Elderly Center and Fitness Center continue to open their doors for our programs, and the Division of Community Housing assists with important home safety improvements, such as installing grab bars, handrails, and ramps, and repairing steps or loose deck boards. Over the past year, we've also worked closely with the Falls Free Wisconsin Coalition, which shares our commitment to reducing falls across the state. Their partnership has given us access to helpful outreach materials and resources that we've adapted for our community, using Native imagery and changing language from "older adults" to "elders" to better reflect our people and values.

Bingocize® has been one of our most engaging and effective activities, regularly drawing about 14 participants per session. Elders enjoy the mix of fun and movement, and we make it even more enjoyable by offering small prizes like household items, reachers, medication boxes, night lights, walking sticks, and gift cards. We track progress using the 30-Second Chair Stand Assessment before and after each session series, and the results are encouraging: 12 of 18 participants (about 66%) improved their scores, indicating increased leg strength and a reduced risk of falls.

Looking ahead, the Stockbridge-Munsee Community Health Department will continue building on this momentum by expanding partnerships, promoting fall prevention education, and providing equipment and support that help elders remain active, safe, and independent in our community.



Jena Band of Choctaw Indians

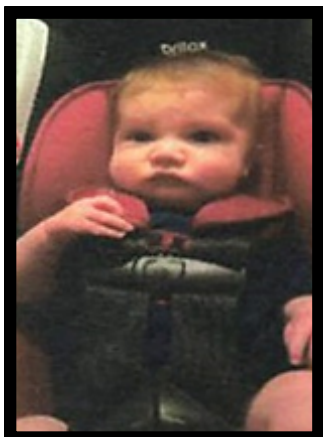
By: Kimberly Purvis

We have had some excitement as we started our 5th year implementing our program, and experienced great successes. Since January 2025, we have installed 15 car seats and distributed 16 through our MVIPP program. This year, we wanted the program to hear directly from some of the amazing tribal members whom this initiative has helped. While all our tribal members appreciate the program, we are sharing just a few of their stories.

Cheyenne Fisher - A First-time Mother

Tribal member Cheyenne Fisher is a first-time mother who heard about the program after her niece received a car seat through the program. Ms. Fisher stated that she had little knowledge of car seat safety, but after participating in the program, she has learned much more.

She shared that working with the Child Passenger Safety (CPS) technicians helped her feel confident when installing her car seat, making it easier the next time she had to move it into another vehicle.



She also noted that the literature she received made it easy to understand how to use the car seat properly. Ms. Fisher stated that the program exceeded her expectations, describing her overall experience as phenomenal!

Ms. Fisher also shared a touching story about her son, who was born with hypoplastic left heart syndrome at Ochsner's Children's Hospital in New Orleans. When it came time to leave the hospital, her doctor explained that her son would need a seat that would not only protect him but also safeguard his surgical incision.

The CPS technician went above and beyond, researching the best car seat to meet her son's unique medical needs. Ms. Fisher stated that when they placed her son in his seat and buckled him up, the doctors were very impressed with the choice. They felt confident that the seat would fully protect her son without compromising his incision. In fact, the nurses wrote down the car seat information and have since been recommending it to other parents for their children.

Annabelle Allen - Preparing for Baby

Our second testimonial is from tribal member Annabelle Allen, another first-time mother who is eagerly awaiting her bundle of joy this December.

Ms. Allen stated that she heard about the program from Mona Maxwell, the program's Project Coordinator. She shared that she already felt "pretty knowledgeable about car seat safety," but since participating, she now feels very knowledgeable.

Jena Band, cont.

Ms. Allen stated that the program taught her safety features she was not aware of and provided helpful tips for installing a car seat. She added that the program not only met her expectations but also reassured her that her newborn would be completely safe when secured in the car seat. Although Ms. Allen has not used her car seat yet, as she is waiting for her baby's arrival, she expressed confidence that it will meet all of her safety expectations and needs.

She stated that the program was amazing and that she is thankful for it because she now feels more informed and confident about car seat use and safety.



Kateleen Spillman - Staying Involved

The last testimonial is from tribal member Kateleen Spillman, who has been involved with the program for several years. Ms. Spillman has been a pleasure to work with each time and takes an active role in researching the car seats she selects for her children. Ms. Spillman stated that she appreciates how the program keeps her up to date with changes in car seat laws and the newer car seat models as they become available. She described her overall experience as "good, easy, and full of helpful information."

Stories from our three mothers remind us why this work matters. Our tribal members have expressed deep appreciation for the MVIPP Program, not only for assisting with the purchase of safe car seats but also for providing ongoing education through social media posts and outreach activities.

The program's goal remains the same: to increase awareness, promote safety, and educate our tribal members about child passenger protection. Each testimonial reflects the growing impact of our efforts to keep Choctaw families informed, empowered, and safe on the road.



TIPCAP Workshop 2023

Tuba City Tackles Year 5

By: Lyndon Endischnee

The Tribal Injury Prevention Cooperative Agreement Program (TIPCAP) site at Tuba City Regional Health Care Corporation (TCRHCC) placed additional emphasis on suicide prevention during the final year of the grant. As part of this shift, the Environmental Health Services (EHS) Program reduced the number of home assessments conducted for elder fall patients and partnered with the Public Health Nursing (PHN) Program to integrate fall-prevention education into PHN elder home visits. PHN staff used the Falls Prevention flip chart and brochure to provide these educational sessions (pictured below).

The TCRHCC TIPCAP site also coordinated and supported two community Walk/Run events focused on suicide prevention awareness.



Suicide Prevention 3K Walk / 5K Run

On September 11, 2025, the TCRHCC TIPCAP site collaborated with the Community Health Division to host a Community Suicide Prevention 3K Walk/5K Run in recognition of Suicide Prevention Month. This event supported TIPCAP's goal of preventing suicide by raising awareness, promoting hope, and encouraging open conversations about mental health and suicide prevention across the community.

More than ninety-one (91) participants joined the event. Although the wind picked up toward the end, the turnout was strong and the event was considered a success. Many participants walked or ran in memory of a family member, neighbor, or friend lost to suicide, making the event a meaningful opportunity for remembrance and continued healing. T-shirts were distributed at the conclusion of the walk/run.

Domestic Violence Awareness Walk

On October 23, 2025, EHS/Injury Prevention Program staff assisted in coordinating the Domestic Violence Awareness Walk, sponsored by the TCRHCC Trauma Department. EHS staff developed the walking route and handled the set-up and removal of traffic cones. Staff recognized that individuals experiencing domestic violence may also be at increased risk for suicidal thoughts, and their support of the Trauma Department's efforts aligned with ongoing suicide-prevention initiatives.

A total of fifty-nine (59) participants joined the walk, carrying a Suicide Prevention banner to promote community awareness. Participants also received a presentation and brochure outlining available tools, resources, warning signs to watch for, and guidance on where to seek help. T-shirts were provided at the conclusion of the event, and the walk was a success.

AAIHB AASTEC Tribal Injury Prevention Program: End-of-Cycle Highlights for 2022–2025

By: Sixtus Dominguez

Dear Tribal leaders, Partners, Injury Prevention Colleagues, and Advocates,

TIPP is here to support tribes in preventing injuries, with a focus on improving transportation safety and preventing falls among elders. TIPP is part of the Albuquerque Area Southwest Tribal Epidemiology Center (AASTEC) and our parent organization, the Albuquerque Area Indian Health Board, Inc. (AAIHB).

We extend our heartfelt gratitude to each and every one of you who has joined us on this vital journey towards tribal injury prevention. Your commitment and involvement are invaluable, and we are excited to share updates, highlighting our progress and successes. Together, we can continue to explore innovative strategies and partnerships that empower our communities. Let's keep the momentum going as we strive to create safer environments for all!

Over the past years, the Injury Prevention Program has advanced a broad portfolio of initiatives designed to strengthen community safety, reduce preventable injuries, and build capacity across area Tribes with the Leadership, support, and cooperation of IHS.

This grant cycle focused on deeper implementation. Implementation of child passenger safety, elder fall prevention, and transportation safety-motor vehicle injury prevention, while emphasizing culturally grounded approaches and strong partnerships. A major area of accomplishment has been Child Passenger Safety (CPS).

During this highlight time frame, the program trained and certified 80 new CPS technicians and recertified an additional 18 technicians through instructor or proxy sign-offs. Staff lead and conducted 48 CPS car seat clinics, delivered three Safe Native American Passengers (SNAP) courses, and completed 1,055 car seat inspections and or installations within area Tribes. The program also partnered with a community to conduct systematic car seat observations, one per year over three years, spanning six locations, multiple vehicle and child passenger types, and 24 structured one-hour observation periods.

These efforts strengthened tribal public health and child safety capacity across communities and ensured that families received consistent, high-quality support. Through coordinated trainings, community outreach and engagement, and sustained meaningful cooperative organic collaboration, the program has made much progress toward improving safety and health outcomes for all ages.



AAIHB AASTEC Cont.

Significant strides were also made in older adult fall prevention and healthy aging. The program trained and certified 52 Tai Chi instructors across area Tribes and provided STEADI training to 11 additional participants, expanding the region's ability to deliver evidence-based fall prevention programs. Nationally, the program served as a lead Master Trainer for A Matter of Balance (MOB), delivering four Train-the-Master-Trainer courses and certifying 53 new MOB Master Trainers from across the country. To further support injury prevention outreach, the team developed and disseminated eight culturally appropriate health communication products, reaching an estimated 5,200 individuals with 4,450 Elder Fall Prevention materials and 22,500 individuals with 10,205 transportation safety related injury prevention products.



Throughout the grant cycle, the program sustained a strong regional, multi-sector Injury Prevention Coalition that met quarterly and maintained an average of 39 participants per meeting. This coalition provided ongoing opportunities for discussion, resource sharing, focus group input, and coordinated planning while rotating its focus between older adult fall prevention and motor vehicle injury prevention. The continued engagement of Tribal programs and partners, community health staff, and cross-sector collaborators ensured that activities remained responsive, culturally relevant, and aligned with community priorities.

As the TIPCAP grant cycle concludes, the Tribal Injury Prevention Program stands on a foundation of strengthened capacity, enhanced partnerships, and proven program impact. The progress achieved over the past years reflects the dedication of Tribal Leadership, program staff, communities, safety interventionists and practitioners, instructors, master trainers, CPS technicians, and coalition partners. Despite these significant achievements, additional injury prevention work remains. Yet these accomplishments provide a strong foundation for shaping future strategies as the program continues to prevent injuries, strengthen community resilience, and promote the health and safety of all community members.



Updates from Bristol Bay

By: Fallon Gleason

We were awarded our TIPCAP Part II grant at the beginning of 2021. ATV Safety Toolkit education and helmet distribution events began in 2022. This curriculum was modified by the Alaska Native Tribal Health Consortium (ANTHC) to provide education on the importance of safe riding, wearing helmets and what a traumatic brain injury is.

At this point in time, we have expanded the program to 13 of our communities and have distributed 538 helmets. We held six “train the trainer” sessions to equip teachers and Tribal council leaders with the skills to implement the toolkit in their communities.

We plan to provide these services to an additional three communities in November 2025, and spring of 2026, and to revisit the program with communities that have participated in the past. Our program faced turnover in the spring of 2025, and despite having a vacancy we were able to continue providing helmets and education to students throughout the summer with the help of our environmental health intern.

Our delivery method has changed significantly since the program began in 2020. We have found better success through a condensed curriculum, and through “train the trainer” sessions. These adaptations have improved the sustainability of the program. ♦



The Bristol Bay Service Region is comprised of 28 villages spanning an area the size of the state of Oklahoma. The map above shows the northern part of the service region and the villages the toolkit has been implemented in are marked with stars.

Coming up....

IVP Course 1

Scottsdale, AZ: Feb 2 - 4

Playground Safety

Scottsdale, AZ: Feb 5 - 6

Lifesavers Conference on Roadway Safety

Baltimore, MD: Apr 19 - 21

IHS IVP Fellowship Symposium

Rockville, MD: Jun 17

Northern Valley Indian Health YOUR HEALTH. OUR MISSION.

By: Amanda Holley

Hello from the golden state! My name is Amanda Holley, and I am Northern Valley Indian Health's (NVIH) Injury Prevention Program Coordinator. With the continuous support from the TIPCAP grant, NVIH has been able to keep our "Standing Strong on Your Feet" Fall Prevention Program thriving. This program serves the American Indian/Alaskan Native (AI/AN) 55+ population, focusing on reducing unintentional fall-related injuries, a significant concern for our elders.

This year, we expanded our efforts to include more comprehensive home modifications and introduced a new lightweight lifting and movement class specifically designed to improve strength, balance, and overall mobility. Through the program, we were able to build outdoor ramps for elders who had difficulty accessing their homes, enhancing their independence and safety.

In addition to the home modifications, we launched a new movement class that combines light weights, bodyweight exercises, and some cardio routines to help improve strength, coordination, and cardiovascular health. This class has been particularly effective in engaging participants who may not have previously had access to this type of exercise, helping them gain confidence and mobility in a safe, supportive environment.

Through these initiatives, we're seeing improvements in both physical health and the confidence of our elders, empowering them to live more independently while reducing the risk of falls. Thank you for supporting our work. We're excited to continue making a difference in the lives of AI/AN elders in our community!



Winnebago Public Health Department Earns National Public Health Accreditation

By: Jennifer Hardeman

The Winnebago Comprehensive Healthcare System (WCHS) joins an elite group as the eighth Tribal health department nationwide to achieve this honor.

Winnebago, NE – Winnebago Comprehensive Healthcare System (WCHS) is proud to announce that the Winnebago Public Health Department (WPHD) has officially achieved national Public Health Accreditation, a distinction earned by only seven other Tribal health departments across Indian Country. This recognition comes after years of dedication, collaboration, and a steadfast commitment to advancing the health and well-being of the Winnebago community.



Pictured are the Accreditation team left to right, Felicia Masquat, Camilla Barajas, Dr. Mona Zuffante Chief Public Health Officer, Pilar Miller, Carla Olson Griffin, and Monica Cleveland not pictured Linæe Bigfire photo credit, Winnebago Comprehensive Healthcare System Facebook post

“This accomplishment reflects the perseverance of our Public Health team and the strength of our entire healthcare system,” said David Edwards, CEO of WCHS. “Achieving accreditation demonstrates that we are delivering services that meet the highest standards in public health. It is proof of our commitment to protecting and promoting the health of our people for generations to come.”

Accreditation through the Public Health Accreditation Board (PHAB) is a rigorous, multi-year process that requires health departments to:

- Demonstrate they provide the 10 Essential Public Health Services.
- Show continuous quality improvement and performance management.
- Strengthen partnerships with the community and key stakeholders.
- Prove they use data and evidence-based practices to guide decision-making.
- Commit to ongoing accountability and transparency in service delivery.

Dr. Mona Zuffante, Chief Public Health Officer, shared,

“This journey has been years in the making. This recognition honors our sovereignty, our traditions, and our unique approach to community wellness. It demonstrates that we are paving the way for other Tribal Nations by leading the way in public health innovation and equity. This milestone is not just a reflection of our commitment to excellence—it is a testament to the dedication, resilience, and passion that our staff brings to our mission of striving for a healthy, thriving Indigenous community. Accreditation affirms that we meet or exceed national standards in delivering public health services, and it strengthens our foundation for continuous improvement, accountability, and trust.”

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Winnebago Public Health Accreditation, cont.

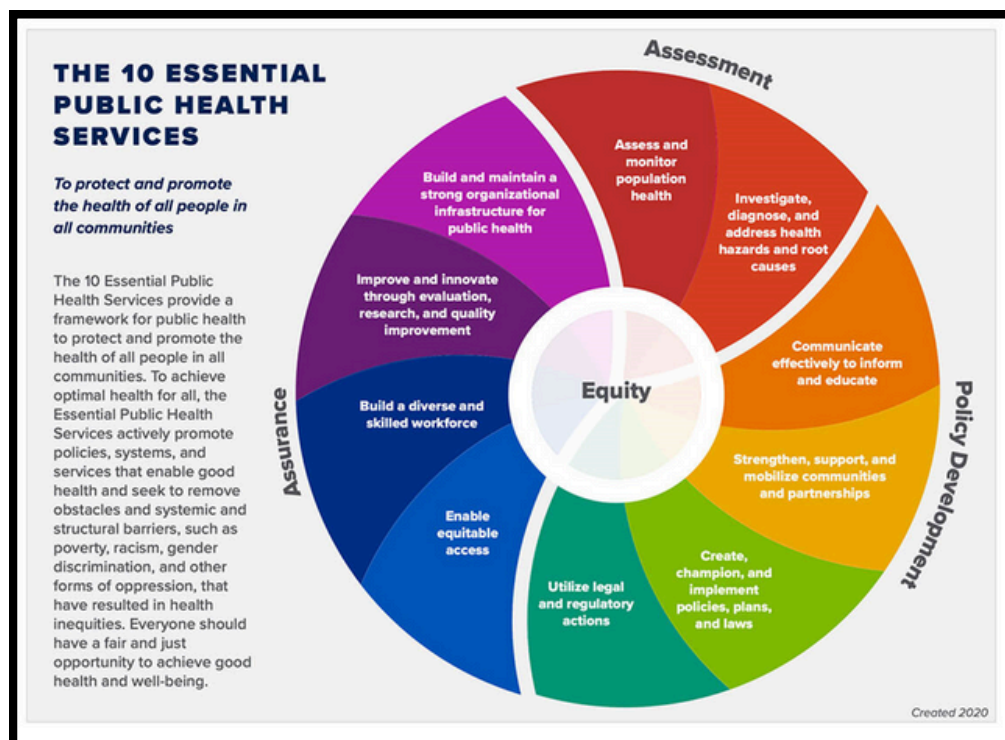
Public Health Accreditation is awarded by PHAB and affirms the dedication of the WPHD staff in meeting and exceeding national standards. Accreditation not only validates past accomplishments but also strengthens the department's ability to respond to future challenges and continue improving community health outcomes.

So much has happened over the past 10 years that the Winnebago Public Health Department has had the TIPCAP injury prevention project under their wing. Seeking Public Health Accreditation has been key in strengthening the Winnebago Injury Prevention project by providing a framework for identifying weaknesses, improving services, and building credibility with the Tribal community and Tribal stakeholders.

The Winnebago Injury Prevention project is proud to have contributed materials to this effort and is fortunate to have utilized an important model to follow in program creation, implementation and evaluation.

Many valuable lessons learned over the years include knowing that community partnerships are vital in Winnebago because they strengthen sovereignty, foster trust, and lead to culturally grounded solutions for complex issues like health disparities and environmental safety. They acknowledge past harm, honor Tribal knowledge, and promote mutual success and self-determination, which can improve education, economic growth, and resources, all of which support a comprehensive injury prevention program focus areas of child passenger safety and elderly fall prevention.

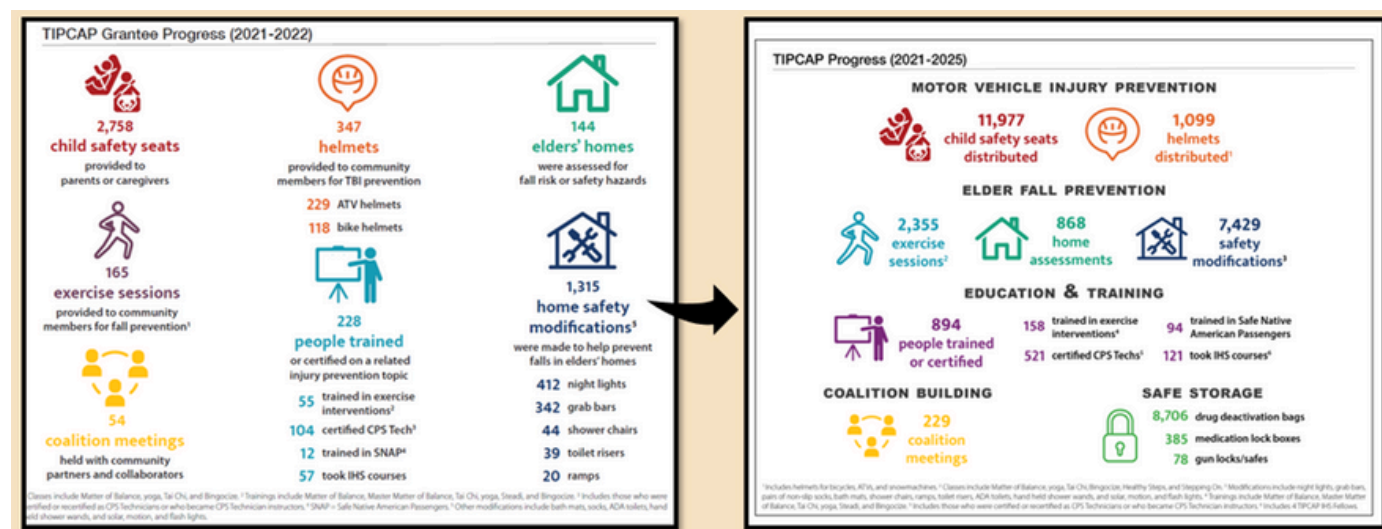
It has been a privilege learning and working with TIPCAP leadership, support and colleagues. We hope and pray that relationships and partnerships only grow in the future. Thank you for reading this and thank you all for being a connected part of our journey.



Dear TIPCAP team and partners,

As the Tribal Injury Prevention Cooperative Agreement Program's cycle closes, we take this moment to reflect on the incredible journey we have shared. Over the past five years, TIPCAP has been more than a funding initiative, it has also been a basis for collaboration, innovation, partnerships, and friendships.

The purpose of TIPCAP is to build capacity to reduce injuries and violence for American Indian and Alaska Native people through community-driven, culturally centered approaches. Together, with our dedicated 27 TIPCAP sites, IHS project officers, and the amazing UCD contractor team, we have worked on real, measurable impact.



The foundations built through your work, including the partnerships, the lessons learned, and the community-driven injury prevention approaches, will continue to influence and sustain future TIPCAP initiatives.

We extend our heartfelt appreciation to every TIPCAP coordinator, project officer, contracting team, and partners who made this program a success. Thank you for being part of this journey!

With gratitude,

Andrea + Molly

CDR Andrea Tsatoke & CDR Molly Madson ♦



Getting Helmets Out in the Community Through Events in the Norton Sound Region

By: Katie Hannon

Basketball is a positive resource for the people in the Norton Sound Region, from elementary age kids to high school and adult city league basketball tournaments; they all bring community members together. Basketball tournaments are one of the more popular wellness events. In the last six years that I have worked in Injury Prevention, I have learned to collaborate with community events in our community and region to capture my target audience.



At the basketball tournaments, city league, high school and the little dribblers, NSHC Injury Prevention program donates helmets to utilize as door prizes. We have handed out multiple door prizes at the event from first aid kits, fire alarms and the most popular one ATV/snowmobile helmets. The helmet that is displayed at our outreach tables always captures the attention of the basketball players, fans, and pretty much everyone who walks in the gym.

Some villages host basketball tournaments at different times of the year, mostly during the winter months. The NSHC Injury Prevention program supports the tournaments by donating helmets to use as prizes.

Nome, the hub of our region, hosts a big basketball tournament during the week of Iditarod festivities. The Lonnie O'Conner Iditarod Basketball Classic.



The Iditarod race usually ends midweek of the basketball tournament, which brings a lot of people into town from the villages in the region, from all around the state of Alaska and around the world. Nome is packed with people that week.

This year we raffled 5 snowmobile helmets off during the tournament, one each day. We had a total of 432 entries for the helmet raffle the entire tournament. One adult won a helmet, and 4 youth won the other helmets.

Helmets in Norton Sound, cont.

Days after the tournament, I already seen the kids who won the helmets out there using the helmets as they rode their snowmobiles. It brings me joy to see the helmets being used. The kids and community members really appreciate the helmet giveaways at the tournaments.

The Norton Sound Injury Prevention program also uses helmets as door prizes during community health fairs in the villages and other sports tournaments.



Keeping Our Children Safe: White Earth Tribal Health Car Seat Program's 2025 Successes

By: Bryanna Chilton

At White Earth Tribal Health, we believe every child deserves to travel safely—every ride, every time. Through our Car Seat Program, we've continued to serve families across the Reservation by ensuring our youngest passengers are protected with the right seat, installed the right way.

So far in 2025, we've made a big impact:

- 7 community car seat check-up events have been held across the White Earth Reservation.
- 88 children have left these events safely buckled in new, properly fitting car seats.
- Since January 1, 2025, we've distributed 270 new car seats to local families who needed them.

In addition to distributing seats, we've focused heavily on education and awareness—because knowing how to use a car seat is just as important as having one.

This year, we've held group education sessions for:

- Residents at Oshki Manidoo
- Indian Child Welfare (ICW) staff
- Foster care families

Every family that receives a car seat also gets one-on-one, hands-on instruction from a Certified Child Passenger Safety Technician, ensuring each seat is properly installed and every caregiver feels confident.



Our mission is simple:

Every child in the right seat, installed correctly, every ride.

Need a Car Seat or Safety Check?

We're here to help! Car seat checks and education are free for everyone.

To speak with a Certified Child Passenger Safety Technician or schedule an appointment:

☎ Call us at 218-983-3286

📱 Text 218-401-2799

White Earth Car Seat Success, cont.

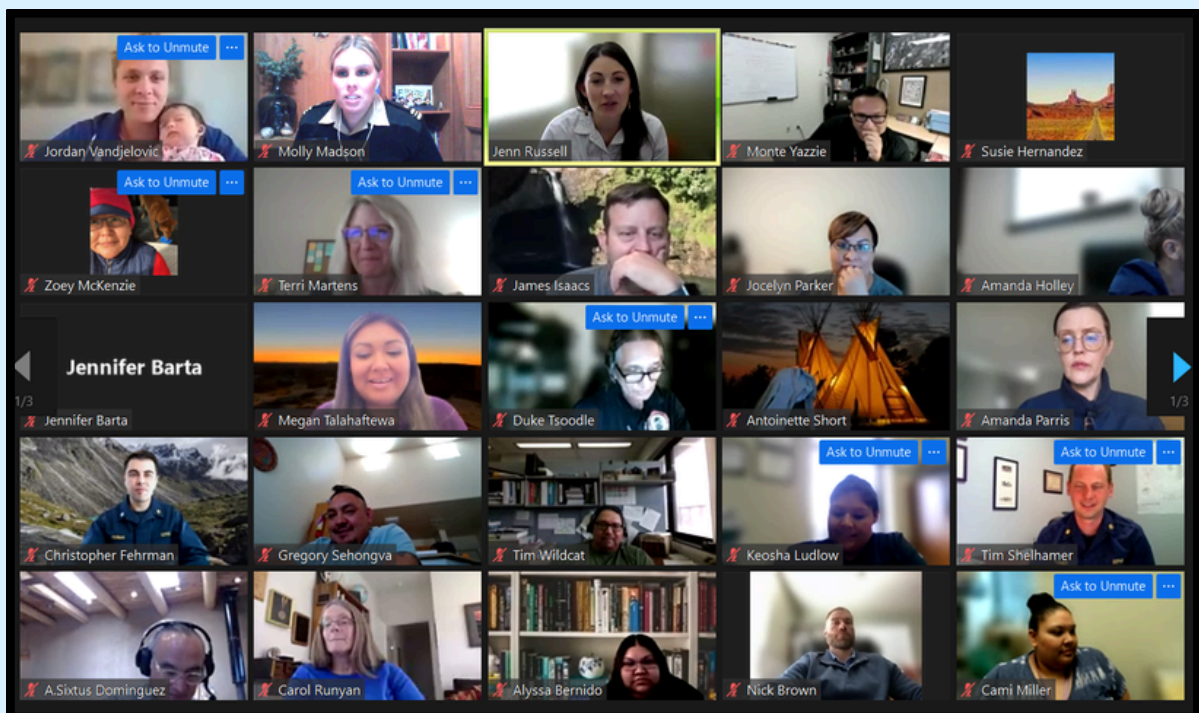
Program Eligibility

To qualify for a car seat from our program:

- You must reside within the White Earth Reservation
- You must have physical custody of the child
- Each child is eligible for one car seat per stage of development



Whether you're a new parent, grandparent, foster caregiver, or just need help making sure your seat is installed correctly, our team is ready to support you. Together, let's keep every child safe on the road.



Rocky Mountain Tribal Leaders Council: Tribal Epidemiology Center

INJURY PREVENTION AT A GLANCE

By: Zak Evans

During the 2025 Calendar Year, Rocky Mountain Tribal Leaders Council-Tribal Epidemiology Center (RMTLC-TEC) has continued to assist and engage our Tribal partners in their efforts for Injury Prevention throughout the Rocky Mountain Region (States of Montana and Wyoming).

Working in tandem with Tribal Injury Prevention Sanitarians, the Tribal Injury Prevention Cooperative Agreement Program (TIPCAP) at RMTLC-TEC has helped to promote awareness of injury in the realm of fall prevention, especially amongst our Elders. Falls are the leading cause of injury that also increases likelihood of death. Alongside Tribal Sanitarians, we have worked hard to stem the tide of Elder falls and fall injury.



Raising Awareness and Promoting Prevention: Elders Conferences as Education and Awareness Opportunities

Partnering with the VacciNative grant, TIPCAP has provided opportunities to expand injury prevention efforts across the service area concerning Elder falls, fall prevention, awareness, and education and training on Elder abuse and brain health. These conferences allowed not only for prevention education and awareness, but also for Tribal-led initiatives to achieve intervention dispersion while promoting Tribal-led, holistic approaches to public health and wellness amongst the Eastern Shoshone, Fort Belknap, Rocky Boys and Crow Agency Indian Communities.

Winter in Rocky Mountain region present unique challenges, especially among Elders. To reduce fall-related outcomes, the RMTLC-TEC distributed grab bars (total=147) and ice cleat pairs (total=26) at Elder Conferences at Eastern Shoshone, Fort Belknap, Rocky Boys and Crow Agency Indian Communities.

Grab bars and ice cleats may provide additional support for getting into vehicles while ice cleats can be worn over shoes to reduce falls in the Wintertime. These evidence-based interventions reduce the risk of fall associated with outdoor activity and other essential activities for daily living.

In addition, dome lights were also dispersed. To aid in environmental safety while in homes, dome lights were also distributed to Elders (total=300). Dome lights are portable, adhesive and can be placed anywhere within a home.



Rocky Mountain Tribal Leaders Council, cont.



These interventions will be one of many strategies that regional Tribal Sanitarians, Indian Health Service TIPCAP Staff and RMTLC-TEC's TIPCAP program may use to address elder falls and injury.

Exercise and Education for Fall Prevention

The RMTLC-TEC is proud to have begun the process of helping our Tribal communities address fall prevention. Bingocize is an evidence-based, exercise-augmented intervention designed to reduce risk of falls and provide health and nutrition education. Combining Bingo and low-intensity exercises with health-related questions, this bi-weekly event seeks to reduce Elder falls. Findings have shown that individuals who participate in Bingocize have increased mobility, joint strength and health and nutrition literacy.

RMTLC-TEC's TIPCAP has secured facilitator licenses (total=30) for participating Tribal Nations. In other words, each Tribal Nation has been allocated for up to three licenses. At this time, nineteen have been distributed. With this intervention, Tribal partners may use community-based, holistic strategies to reduce Elder falls and promote awareness amongst regional Tribal elders.

The Regional Tribal Injury Coalition: Collaborative Work to Prevent and Reduce Injury

Through continued collaboration with Tribal partners, the Regional Tribal Injury Prevention Coalition (RTIC) seeks to fulfil its purpose of establishing a centralized network to share best practices and resources. The network with subject matter experts (SMEs) identify and prioritize focus areas and support community-led injury prevention data collection.

Data are often subjective, rooted in Western methodology practices, and are viewed from a deficit lens. Through RTIC, regional injury prevention activities and planning encompass a Tribal-led, holistic approach that is culturally relevant. In October 2025, the RTIC convened for an in-person meeting to discuss the process of expanding Child Passenger Safety Technician capacity, identify best practices, come to a consensus for appropriate, culturally relevant intervention items for regional Tribal Nations in the Rocky Mountain region.



Native CARS: Carrying Forward a Legacy of Tribal Injury Prevention

By: Erin Nelson



For more than two decades, the Northwest Portland Area Indian Health Board's (NPAIHB) Native Children Always Ride Safe (Native CARS) project has been as one of the nation's most recognized models for community-driven child passenger safety. What began in the early 2000s as a local effort to address high child motor vehicle injury and fatality rates among six Northwest Tribes has grown into a nationally acknowledged example of Tribal data sovereignty, innovation, and collaboration.

Native CARS was one of the first projects to develop and test community-specific interventions designed by Tribes, for Tribes. Using vehicle observation data and local knowledge, the program created effective, culturally tailored strategies that dramatically increased proper child restraint use — in some cases from less than 25% to nearly 80%.

The project's success and evaluation results have been highlighted by the Indian Health Service, the Centers for Disease Control and Prevention, and the Harborview Injury Prevention & Research Center, as well as featured by the National Safety Council as a key resource for Tribal communities advancing child passenger safety.

Over the years, Native CARS grew into a rich online resource through the Native CARS Atlas, which offered Tribes interactive tools for conducting community data collection, analysis, and intervention planning. The site became a trusted hub for Injury Prevention Coordinators, CPSTs, and Tribal leaders nationwide.

While NativeCARS.org is currently offline during NPAIHB's rebranding and the development of a new Learning Management System (LMS), all legacy resources and Atlas modules will soon be reintroduced in a refreshed, accessible format. This transition reflects NPAIHB's commitment to sustaining the Native CARS legacy while bringing it into a new digital era and ensuring Tribal communities can continue to learn from and build upon this proven model.

In recent years, the Native CARS team has expanded beyond car seat safety to strengthen broader Tribal injury prevention capacity through new initiatives such as: The Program Evaluation to assess long-term impact, the Fisherman's First Aid and Safety Training (FFAST), and Customized De-escalation and Workplace Violence Prevention Trainings for Tribal clinics.

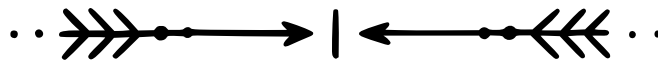
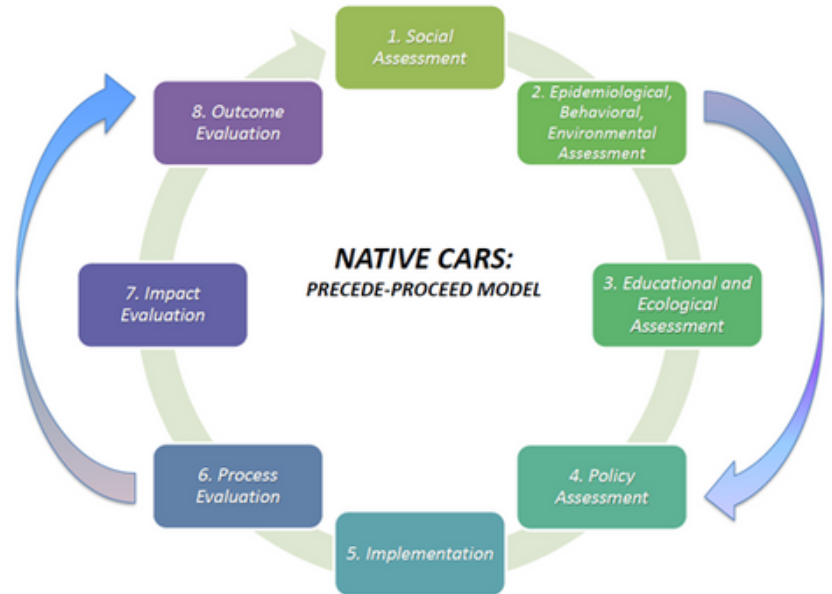
Native CARS, cont.

The program is also broadening its focus to pedestrian and road safety, supporting Tribes in developing Tribal Transportation Safety Plans, conducting Road Safety Assessments, and securing funding for infrastructure and policy improvements to reduce pedestrian injuries and roadway fatalities in Indian Country.

These efforts build upon the same community-based, culturally grounded approach that made Native CARS so impactful by empowering Tribal communities to lead their own safety solutions. As we look ahead to the next TIPCAP cycle, the NPAIHB Injury Prevention Program remains dedicated to honoring this legacy and partnering with Tribes across the Northwest.

We welcome collaboration with any Tribal programs interested in these safety trainings or in accessing Native CARS resources as they are relaunched through our new Learning Management System (LMS).

Improving Child Passenger Restraint



TIPCAP Workshop 2024

TIPCAP Closeout Tips

Getting ready to start the TIPCAP closeout process?

Begin your closeout process early and plan for enough time to collect all programmatic, administrative, and financial documents and data ahead of the submission due date. Closeout documents should be submitted by **March 1st, 2026** or after completion of the No Cost Extension if applicable. Closeout documents may be submitted as a grant message in Grant Solutions.

Closeout documents include:

- Closeout report and TIPCAP related forms
- SF-425 Final Federal Financial Report
- SF-438 Tangible Personal Property report

Have questions? Attend the TIPCAP office hours on December 10th. Drop in anytime from 2-4 pm EST!



Thank
you!