



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

TIPCAP NEWS

March 2020

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

Updates from HQ:

Hello TIPCAP Sites, Tribal Communities, and Program Partners. You are encouraged to take whatever action is necessary at the local level to safeguard the health and wellbeing of yourself and your community members at this time. Official guidance and information from the Division of Grants Management will be distributed later. Continue to refer to the [Centers for Disease Control and Prevention](#) for guidance and information on the COVID-19 pandemic. Please follow all local guidance and regulations put in place regarding the postponing or cancelling of community training, car seat events, exercise classes, or other group activities related to TIPCAP. We work with many individuals who are at a higher risk of serious illness and ensuring their safety and health is paramount. If you have program questions or concerns, please reach out to us. For TIPCAP administrative questions, such as those related to deadlines, extensions, and flexibilities, please contact Andrew Diggs (andrew.diggs@ihs.gov).

LCDR Molly Madson, REHS, MPH
molly.madson@ihs.gov

THANK YOU!

to TIPCAP sites for making the TIPCAP workshop so successful, despite the last minute change from in-person to virtual

*We will distribute the recording and slideshow via email. Also, check out the **recap** in this newsletter issue.*

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Apache Tribe's IP Accomplishments

For the past three years of TIPCAP, the Apache Tribe of Oklahoma's Injury Prevention Program Coordinator Antoinette "Toni" Short has prioritized partnerships and media outreach efforts. Three recent accomplishments—a billboard raising awareness about elder fall risks, a radio PSA, and the Safe Kids NAISHA coalition—exemplify Toni's success in building a sustainable injury prevention program (IPP).

Billboards

While conducting home assessments, the IPP invited Apache Tribal members to have their picture taken for the local billboard about falls. One married couple—Greg and Lyntha Klinekole of Anadarko, OK—and one other elder—Kenneth LookGlass of Apache, OK—were willing to participate. "They said it was very important to send out the message to the community," Toni recalls. The IPP expressed gratitude to the participants with a certificate and a framed photo for their role in the billboard.

Partnerships and community service played a role in the billboard's success. A local studio wanted to be a part of sending an important message for the public. "We scheduled the photo shoot with Manley and Mary Settle (Settle Bridle Loft of

Anadarko) at no charge to the program," Toni says. "This couple has been a partner to me since 2003 and always like what I do in our community relating to health, injury prevention and schools."

The billboard is located on the main street of Anadarko, and it is visible to approximately 10,000 people per



day. The billboard serves as a community reminder that every 20 minutes an adult dies from a fall in the U.S., and that the mortality rate increased by 30% for older adults from years 2007 to 2016. The program has received positive feedback from the community about the billboard.

One of Toni's major take-aways from this project was tribal members' willingness to engage in injury prevention. She also emphasizes the importance of involving elders in the work. "It's important to engage in discussion with elders about what your program does," she advises. "Most elders question what your programs does for the Tribe or how it benefits the tribal members. We feel that this is one of the best ways to get to the heart of these issues."

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Apache Tribe's IP Accomplishments

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PSAs

In late August, 2019, the IPP collaborated with Apache Tribal Princess Clara Cisco to create two 30-second radio PSAs on child safety seat use, which were played on the radio during the holidays in 2019. PSAs reached throughout all the southwestern counties and into some of the southeastern counties of Oklahoma, reaching approximately 300,000 people. Moving forward, the program plans to create a PSA about fall prevention with the same couple featured in the billboard, once weather conditions permit.

Toni was once again encouraged by local tribal members' willingness to be involved. "If funding allows, we will continue to plan for more media campaigns in the near the future," Toni says.

Safe Kids NAISHA

The Apache Tribe teamed up with Safe Kids Worldwide to form the Safe

Kids NAISHA coalition. This partnership provides additional funds that the Apache Tribe IPP can use for program stability, children's safety education, and community outreach.

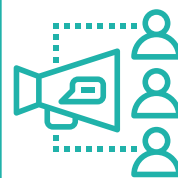
Safe Kids NAISHA received the Fed Ex grant through Worldwide Safe Kids to enhance awareness of children pedestrian safety in October and promote the "International Walk to School Day" in local schools in southwestern Oklahoma.

With this grant, the Apache Tribe Safe Kids NAISHA coordinated with the Carnegie Elementary School principal to host a pedestrian safety event in partnership with Caddo County Sheriff-Deputy Jared Martinez, Bureau of Indian Affairs Law Enforcement Officer Kenneth Stumblingbear, and Oklahoma State Trooper Carson Cabaniss. Special invited guests included the Carnegie Town Mayor, Mr. Johnnie Goergen.

The event took place on Oct. 11, 2019 in Carnegie, OK in Caddo County with 319 participants, includ-

ing pre-k through 5th grade students, teachers, caregivers, and law enforcement officers. The presentations discussed safety for children walking to school, crossing streets, and Halloween safety. Toni also included car seat safety education, specifically a discussion of "Why it is very important to be in a booster seat."

This was the second year that Safe Kids NAISHA was able to get the educational grant. Toni hopes that this event will be held yearly moving forward. "Continued safety education is needed for our children," she explains. "The children are very eager to learn—very inquisitive! They are amazed with the law officers and feel very safe around them. The TIPCAP program will continue to seek out resources and partnerships for the activities and events planned for the future."



You can hear the PSAs by clicking on the links:

PSA #1

<https://www.dropbox.com/s/df7ycfu5oij9m6/PSA%2C1.mp3?dl=0>

PSA #2

<https://www.dropbox.com/s/mcixahwut8mu4st/PSA%2C2.mp3?dl=0>



The Community “Car Seat Guy”

Since 2015, Feliciano de la Cruz, Injury Prevention Coordinator for the Pascua Yaqui Tribe, has been devoted to education in his community. At the heart of the program’s success is Feliciano’s emphasis on maintaining partnerships and bringing his passion for child passenger safety to the community through education and open dialogue.

Partnerships

Feliciano points to long-standing collaboration and communication with tribal leadership, the State of Arizona, WIC, the nursing department, law enforcement, other local groups, and IHS as critical to the program’s ability to secure resources and make change in the community.

“Each partner brings something unique to the table,” Feliciano explains. The State donates car seats for non-tribal members, WIC provides an important place for outreach to tribal and non-tribal parents, and IHS Commander Travis Bowser is helping to coordinate a SNAP course for the community. “It’s important to build strong relationships with all groups,” Feliciano says.

At a recent “Res Café” presentation session held in partnership with law enforcement, community members, including a medical provider and a grandparent, stood up unprompted during Feliciano’s presentation to speak to the effectiveness of the Child Passenger Safety classes and encourage others to attend. One woman recalled learning that she had been installing car seats incorrectly. “Just being in that class and

going through it together makes a world of difference,” she said.

Community Awareness

“In the community it is well known that I’m the car seat guy,” Feliciano says with a laugh. “It’s good to be recognized that way because it means that they know we are out there doing our job.” He points to his Res Café presentation as evidence of how word spreads quickly. “They know I’m passionate about car seats.”

The Road Ahead

Feliciano still sees a lot of work to be done. “It’s very devastating to see people not strapped in their seatbelt...let alone their children bouncing along, not in a car seat.”

Feliciano believes that it is important to spread the word and be available for community members. “You have to be honest and open with people,” he says. “If something’s not right in the community, you can’t sugarcoat it. You have to be honest and say ‘that’s wrong.’ There is no middle ground. Child passenger safety education will help them to be able to share with other families, too. It saves children’s and infants’ lives.”



IP Coordinator Feliciano Cruz and CDR Travis Bowser welcome a large shipment of car seats in early March.

TIPCAP NOTICE BOARD

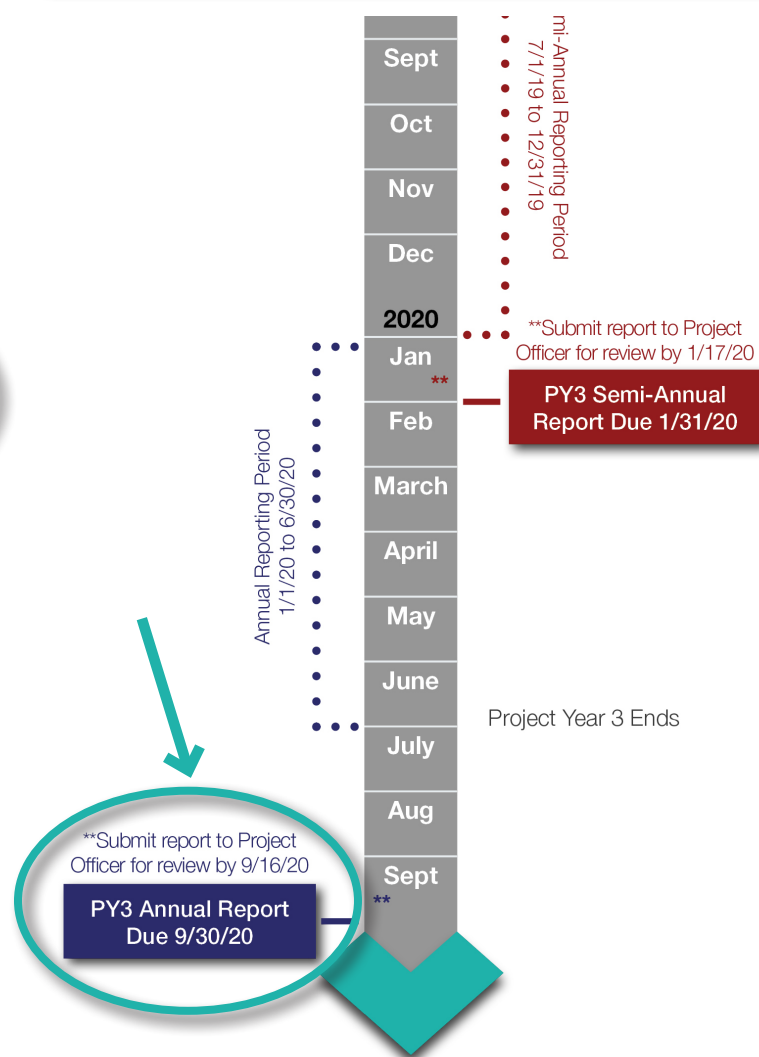
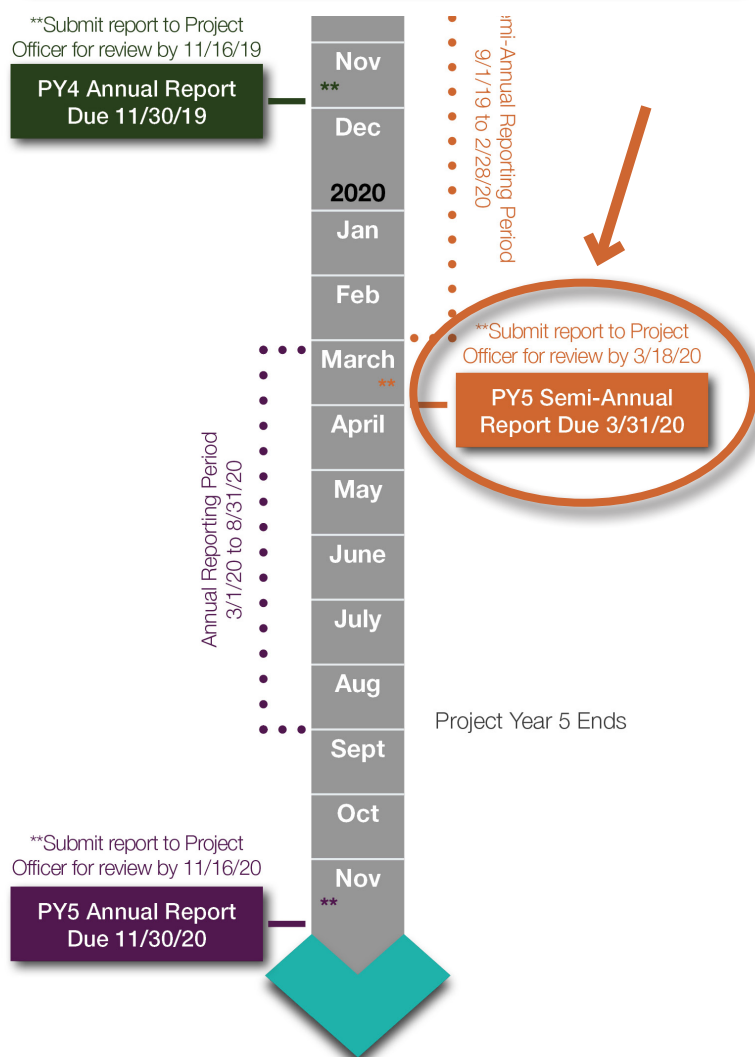
Progress Reporting

Part I and Part IIA Sites:

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

Part IIB Sites:

- PY3 Annual Reports due for Project Officer review **Sept. 16**
- Deadline for submission to GrantSolutions.gov is **Sept. 30**



Other announcements in this issue:

→ 2020 Cancellations

We're providing what information we have about cancellations to injury prevention conferences and activities.

More on page 14

FIVE YEARS OF TIPCAP

Monte Yazzie, Salt River Pima Maricopa Indian Community Injury Prevention Coordinator, remembers his first day on the job—fresh out of the physical therapy world, at a desk still covered in another person's belongings, he had to make a quick transition to the realm of TIPCAP and injury prevention. From the beginning, he relied on partnerships and a can-do attitude to learn the ropes. Since 2015, the injury prevention program (IPP) has seen a lot of change. Three areas in particular—the fall prevention program, the car seat program, and the bike rodeos—are symbols of the program's growth over the past five years.

Fall Prevention

Passionate about elders' health and wellbeing, Monte has implemented Yoga, Tai Chi, and Matter of Balance programs in the community. He believes that collecting consistent data has been key to the fall program's development. Elders taking part in the exercise classes have seen real results: over the past three reporting periods, 91% of Yoga/Tai Chi participants with both pre- and post-tests saw improvement in their Timed Up and Go (TUG) test scores, and 95% saw improvement in their Chair Stand scores.



"When people offer exercise programs, they often forget why the data is so important," Monte says. "It's a chance to show the clients 'this is where you started, and here's where you ended...Look how much easier it is, how much faster you are, how much less fear you have.'"

Monte also explains that expanding what counts as "exercise" has been important to the success of the elder falls program. "It doesn't need to be breaking a sweat or putting yourself into a pretzel. It can be as simple as stretching or focusing on your breathing. Our fall prevention program is about simplistic little changes that anybody can make in their daily life."

Car Seats

At first, Monte was only one of three active car seat technicians in the community. With a focus on building capacity, the IPP has grown that number to 22 active technicians. "The technicians are consistently asking for seats, engaging with parents, and promoting car seats in the community," Monte says proudly. The program has distributed over 1,000 car seats so far and has seen a dramatic increase in car seat use rates: from 30% (n=70) in 2015 to 67% in 2019 (n=308). The program's biggest goal has been culture change, a goal that requires continuous effort and engagement. "That kind of thing doesn't happen over five years," he says. "And there are new generations being born every day. Education will always be a need."



Bike Rodeos

Bike rodeos aimed at providing helmets, safety education, and fun for the community have served as a chance to build valuable partnerships with the Diabetes Prevention Program, Youth Council, Phoenix Children's Hospital, the Arizona Department of Health



Services, Banner Health, Barrow Medical Facility, the local high school, and more. "Our first year was pretty tiny," Monte recalls. "We were cutting up styrofoam cups for obstacles and now we have an entire terrain through a partnership. We now are at the point where people will ask 'When's the bike rodeo?' We want to put it on our calendar."

Monte advises other coordinators to prioritize data collection and to not be afraid of needing guidance from others. "Anybody can do Yoga and Tai Chi classes, but being able to utilize those data points and guide your path around the data is so important." Monte acknowledges this isn't easy:

“With TIPCAP we are meant to introduce programs into communities where there aren't a lot of data resources. There's nothing wrong with saying 'I don't know how to do this' and using partnerships to learn how.”

Defensive Driving Classes Prove Successful for the Ho-Chunk Nation

Lisa Herritz, Injury Prevention coordinator for the Ho-Chunk Nation (HCN), is used to finding innovative means to bring important information about injury prevention to her community. Most recently, the HCN Injury Prevention Program (IPP) partnered with the Greater Black River Area Safety Council to provide local Defensive Driving classes. In addition, the program's recently-purchased portable driving simulator allowed the Defensive Driving class participants to practice driving in different road conditions, obeying traffic, and following posted speed limits.

The program received a special projects grant from the IHS Bemidji Area Injury Prevention Project Awards which allowed for the purchase of the portable driving simulator as well as the resources to educate 90 participants in Defensive Driving principles. The driving simulator is also used for local outreach educational events.

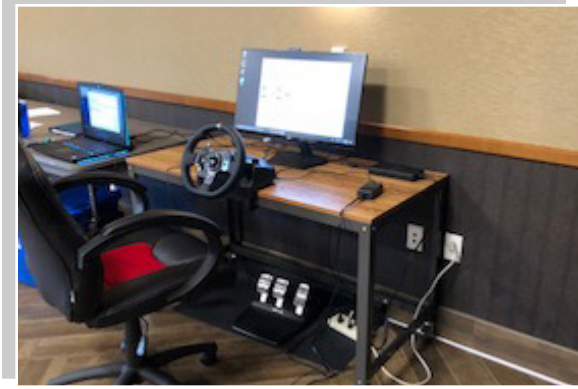
The Defensive Driving class participants included HCN Tribal members and employees and lasted for four hours. The classes were held monthly for a six-month time period at two locations including the HCN Health Care Center in Black River Falls and House of Wellness center in Baraboo, Wisconsin. The outreach around this event covered the northern and southern locations, allowing 15 counties in Wisconsin access to the class.

From the beginning, the HCN community was excited to explore Defensive Driving. "The classes generated a great deal of interest," Lisa says. She explains that the program faced challenges around participant follow-through, with 51 people as no-shows. The IPP held multiple classes to reach its target goal of educating 90 participants.

The IPP set clear goals for the Defensive Driving classes but also was open to adapting based on the needs of the community. "One of our original goals was to train probationary drivers 15-21 years of age," Lisa explains. "But when offering the classes, it was found the targeted group resulted in only 2 probationary drivers in that age group. What surprised us was the need for educating individuals that had their license for many years. Some had suspended licenses or needed to take the class due to the need for point removal from their license." The program ended up educating 67 participants who were not probationary drivers but had an interest in defensive driving.

Even experienced drivers had something to learn at the Defensive Driving course. "I have been driving for years and never knew that," exclaimed one participant.

Lisa and her team learned important lessons from the pilot of their Defensive Driving course: Despite the class's high demand, different times were needed to meet the needs of the participants. Lisa also found that



the driving simulator provoked differing reactions among age groups. "Our younger drivers really embraced the driving simulator while our older drivers were reluctant to try the simulator," she explains.

Lisa highly recommends Defensive Driving to other Tribal IPPs. "This was a great experience for all ages," she says. "This course was informative, the feedback from the participants was positive, and more people were inquiring about training for tribal members, employees, family and friends."

The program's next steps involve making the classes even more accessible to all. "Our next steps would be to fund a Defensive Driving instructor and teach our own classes – eliminating the fee per student of \$50," Lisa says. "We would like to send every employee that drives a vehicle for the nation through this class and access to the driving simulator. We would also like to focus on probationary drivers 15-21 years of age – offering classes in the summer time or weekend options, while continuing to offer this class for drivers of any age."

A Presentation to Key Stakeholders for Program Sustainability

By Jenn Russell, TIPCAP Monitoring Contractor

On February 6, 2020 LCDR Molly Madson and I, along with Project Officer James Isaacs, had the pleasure of visiting the TIPCAP Injury Prevention Program at Ponca Tribe of Oklahoma to meet with Program Coordinator Jocelyn Jackson. During this year's site visit with the Part I Program, Jocelyn arranged a luncheon with members of Tribal Council and the new Administrators at the White Eagle Health Center. The purpose of this luncheon was to provide an overview of TIPCAP and the accomplishments that have been achieved during the past four and half years with the Part I funding, and to speak about the future of injury prevention in the community. Much of the Clinic Administration and Council Members are new to their positions, and this meeting provided a great opportunity to bring awareness to the injury prevention program and how it has been effective in helping Tribal Elders to prevent falls.

LCDR Madson gave a general overview of the IHS TIPCAP, and Mr. Isaacs provided a snapshot of Jocelyn and the injury prevention program's achievements under TIPCAP funding. Jocelyn provided a more detailed look at what her program entails and the activities that she is implementing to assist Tribal Elders to prevent injuries due to falls. The audience engaged in a great conversation and verbalized support of Jocelyn's desire to work more closely with other Tribal programs and departments such as housing and the senior center. They also offered suggestions on possible partnerships that could assist in the sustainability of certain program activities like building ramps and yoga classes for elders.

We were very lucky to be a part of this gathering. The timing of this meeting and the presentations was very important to bring awareness of the program to new Clinic Administrators and Tribal Council Members. Moreover, it was a great example of how TIPCAP Coordinators can help key stakeholders understand more about the burden of injuries in their own communities and the benefit of sustaining injury prevention activities locally.

Thank you, Jocelyn, for a great site visit, and to the White Eagle Health Center and Ponca Tribe of Oklahoma Tribal Council Members for allowing us to be a part of your day. We are looking forward to hearing about more of your wonderful work to come!



Jocelyn Jackson presents to the Tribal Council and others on the specifics of the IP program and how it helps Tribal Elders prevent injuries from falls.

St. Regis Educates Elders on Fall Hazards

Working with a local Community Health Representative, Lynne Thompson presented a “show-and-tell” to explain how certain precautions can help prevent falls in the home

Over the past three years, the St. Regis Injury Prevention Program has focused on decreasing elders’ fall risks in the community through home assessments, home safety modifications, home assessment follow-ups, education, medication reviews, and vision screenings. In celebration of fall prevention and to raise awareness about falls, Lynne Thompson, Injury Prevention Coordinator, and Jenna Oakes, Community Health Representative and Home Health Aide Coordinator, presented on Falls Prevention Day to the Senior Center on September 22, 2019.

Approximately 23 seniors attended. Lynne and Jenna structured the presentation in a “show and tell” format. Lynne discussed fall hazards in and around the home and the many ways that falls can impact older adults’ lives. The two discussed ways to prevent falls with the elders and how the injury prevention program can meet their needs.

Lynne felt that the presentation was a success—elders learned valuable information and were connected to the injury prevention program as a resource. Lynne feels confident that the presentation will happen again. “This was a well-attended and well-received presentation,” she said. “There were many questions asked and a lot of interest afterwards. I think we picked up several new clients as a result of this presentation.”





Wichita and Affiliated Tribes Health Services **TIPCAP Program**



The Wichita and Affiliated Tribes TIPCAP program consists of a Health Programs group of 13 individuals. Each individual has a part in the TIPCAP program from taking car seat or fall assessment appointments to car seat or equipment installation. It's always great to have a large team helping to accomplish program goals.

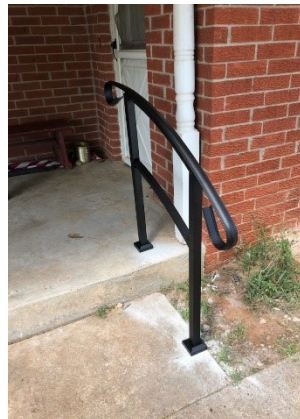
The Wichita Health Programs does not provide one huge event for car seats or fall assessments; however, we provide several smaller events/health fairs throughout the year to include car seat and injury prevention education and/or appointment set up. Below are two events in which we have provided car seat checks and installations.



The American Indian Exposition occurs yearly in Anadarko, Oklahoma and allows local vendors, businesses, and Tribal programs to set up booths to get information to the community. Our team provides booth set up, verbal education, application assistance, and installations for car seats. Our team also took part in the Anadarko Indian Health Center Back to School Expo. Staff provided booth set up, verbal education, application assistance, fall assessment survey, and installations for car seats.

During Wichita Health Programs collaborative events, fall assessment surveys are given to determine client interest in a home visit. Once client interest is gained, a staff member will do a home visit to acquire a thorough fall assessment within the home.

The Wichita and Affiliated Tribes Health Programs collaborates with the surrounding schools, elder centers, business, coalitions, and many others to provide safety education for falls and car seats. We look forward to all the events we have scheduled this year to continue TIPCAP services.



Top: Health Programs group photo. Second from top: Rob-in White, SDPI Coordinator, Fran Harrison, CHR Director, Shannon Buckner, CHR Generalist, Terry Tartsah Jr., Health & Fitness Technician, and Tod Narcomey, LIHS Sanitarian. Third from top: Michelle Hummingbird, Tribal Transporter and Shannon Buckner, CHR Generalist. Bottom: Pictures of some equipment installations due to the determined need.

INJURY PREVENTION TOOLKIT UPDATE

Northwest Portland Area Indian Health Board (NPAIHB)
Injury Prevention Program

By Luella Azule, Project Coordinator



History

Injury Prevention is important because unintentional injuries are currently the number one cause of death for Indian people between the ages of 1 and 44 years. The good news is that these injuries and deaths are largely preventable! Injury prevention efforts are meant to protect our communities, our families, and thus our future as Indian people.

The original ***Injury Prevention in Indian Country*** toolkit was created by the Tribal Epidemiology Center Consortium, representing three Tribal Epidemiology Centers (TECs or Tribal EpiCenters): the Northwest Tribal EpiCenter, housed at the Northwest Portland Area Indian Health Board; the Oklahoma Area Tribal EpiCenter (formerly the Southern Plains Inter-Tribal EpiCenter), housed at the Oklahoma City Area Inter-Tribal Health Board; and the California Tribal EpiCenter, housed at the California Rural Indian Health. The toolkit was initially developed under an award from the Centers for Disease Control and Prevention and published in 2011.

The ***Injury Prevention in Indian Country*** toolkit was developed specifically for use in tribal communities as a resource when starting or expanding an injury prevention program. The original toolkit focused on five major injury prevention topics:

- Seat Belt Safety
- Child Car Seat Safety
- Helmet Safety
- Fire Safety
- Elder Safety

These resources were intended for communities just starting to address

injury topics, and designed to be used primarily by staff working in tribal health or social services. Each topic included fact sheets, brochures, presentations, safety assessments, and resource guides. The toolkit was distributed to each of the 190 tribes in 7 states served by the three EpiCenters, in printed, CD, and USB drive versions. The electronic versions of included documents allowed tribes to edit, adapt, and use their own logos, contact information, and additional data. As laws changed and the field of injury prevention continued to develop, the toolkit became outdated and needed to be refreshed.

Toolkit Update

Under our IHS Part II TIPCAP cooperative agreement, NPAIHB has been working to update and expand the ***Injury Prevention in Indian Country*** toolkit. This is a Portland Area-wide effort, with input and guidance from IHS, our Northwest Regional Injury Prevention Coalition, other tribal partners, and NPAIHB staff.

The new Motor Vehicle Safety module combines the Child Passenger Seat and Seat Belt Safety sections, adding information on Distracted Driving, DUI, and Senior and Teen driving. NPAIHB's Native Children Always Ride Safe (CARS) project has, in the meantime, launched a helpful child passenger seat website at nativecars.org that serves as a more comprehensive tribal resource.

The new Home Safety module expands on the previous Fire Safety content, to include other topics to keep households safe, such as wildfire prevention, identifying high risk zones in

the home, and a home safety checklist for young children. The Elder Fall Prevention module has been greatly expanded to include additional information and tools to keep elders safe in their homes and daily lives. We have collaborated with Tribal elders and tribal health directors, NPAIHB delegates, clinicians and other Northwest tribal health program staff, our state partners, and other subject matter experts to gather input and oversee revisions.

We have developed a new module on Prevention of Traumatic Brain Injury (TBI), which incorporates information, tools, and resources from the previously-developed Helmet Safety module. This module focuses on use of helmets for sports and recreational activities as the main prevention effort, with materials on sports safety, playground safety, and TBI fact sheets.

We have also developed a new module on Firearm Safety, in collaboration with NPAIHB's suicide prevention project, THRIVE, which focuses on safe use and storage of firearms for prevention of unintentional firearm injuries and deaths, and to reduce access to lethal means to prevent suicide.

The University of Colorado, our TIPCAP TA provider, is providing technical and graphic design assistance for our final product, which will be completed by August 2020. We plan to distribute the revised toolkit to the 43 federally-recognized tribes in Idaho, Oregon, and Washington, as well as other tribes and Tribal EpiCenters throughout the U.S. NPAIHB will also offer training on how best to use the toolkit to establish or expand injury prevention efforts at the tribal level.

White Earth Band of Chippewa Injury Prevention Program

Strengthening and expanding Child Passenger Safety by creating a coalition in which new relationships and alliances are formed to better educate and protect our youth



By Danielle Darco, White Earth Injury Prevention Coordinator

I organized our first Passenger Safety Seat Coalition in 2020. As part of the coalition, I tried to think of as many people and/or organizations that would be the most beneficial for our car seat program. In doing so, I felt it would be a great idea to invite individuals who are out working in the community with our youth and with families who are raising and/or helping to raise youth. But most importantly, I wanted to think of individuals who have a special place in their heart for our youth. Taking all of these factors into consideration our coalition includes: White Earth Child Care Learning Center, WECARE (White Earth Coordination, Assessment, Resources, Education), a White Earth Home Health nurse from the LIFE (Learning in the Family Environment) program, a U.S. Public Health Service Lieutenant, an Indian Child Welfare Foster Care Coordinator, and most importantly, a parent/caregiver. From the individuals listed above, six are certified CPS Technicians.

The first meeting took place Feb. 12, 2020 at the White Earth Tribal Health building. We are planning to meet every three months, with our next meeting date of May 13, 2020. During our meeting, I wanted to address what is going well, what needs improvement, what are some of our barriers, and what we should implement or change. There were a lot of great discussions, such as:

- We have 16 CPS Technicians throughout our tribal programming, so this means that there are 16 individuals who can provide car seat education to families. This is huge for us because it means that there are many individuals within our agency who can go to the client's home to educate them if there is no transportation available. Transportation is our chief barrier to providing car seat education to individuals.
- We addressed how we can ensure more kids on the White Earth Reservation are in the correct restraint: more car seat clinics. Right now, we have one car seat clinic in each of the six communities once per year. We would like to increase this to two times a year in each community, both spring and fall.
- We talked about the two billboards that we have set up in two of the villages and the advertising we do. Our advertisements in the White Earth local paper, White Earth Anishinaabeg, White Earth RBC Facebook page, and brochures have increased individuals calling and asking about car seats. But there can still be more done to increase the awareness of car seat safety such as advertising on the radio.
- We talked about who else might be beneficial to this coalition, like the White Earth PD and WIC.
- We mentioned incentives to give individuals who attend car seat education, like ponchos for children to wear in the winter so that they don't have to have a jacket on, mirrors so you can see your rear facing child in the backseat, water bottles, and water safety items for in the summer, etc.

There is always room to grow as a program, and our first meeting was a great reminder of this! Starting a coalition has been a goal of the White Earth Injury Prevention Program for many reasons, but the main reason is to cover a greater number of families on the White Earth Reservation to promote car seat and seat belt use. The more collaboration we have with other entities means more ideas to be shared, more word of mouth spread throughout the communities, and, most importantly, more individuals educated about car seat and seat belt safety. Another big push behind starting a car seat coalition is to help think of ways around barriers that may be in the way of individuals using car seats, getting car seats, having transportation issues to attend car seat education classes, and/or knowing which car seat is best to use.

I believe that an individual is capable of anything that they set their mind to, but when there's collaboration with other entities who have the same hopes and dreams as you do for our youth, well, then life just gets that much better and you as a team pursue your passion that much more.



Elder Fall Prevention

How Clinical Staff and Community-Based Fall Prevention Programs Can Work Together to Prevent Falls

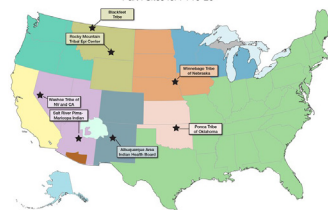
LT Kyle M. Knight, PT, DPT



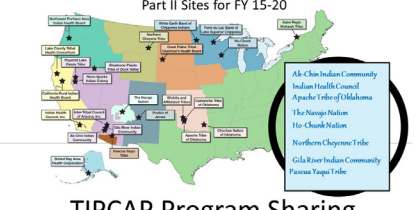
TIPCAP Program Sharing

Part I Programs

Tribal Injury Prevention Cooperative Agreement Program (TIPCAP)
Part I Sites for FY15-20



Tribal Injury Prevention Cooperative Agreement Program (TIPCAP)
Part II Sites for FY 15-20



TIPCAP Program Sharing

2020 TIPCAP Workshop Recap

The Show Must Go On, and It Did!

The 2020 Annual TIPCAP Workshop was held virtually using Zoom on Thursday, March 12, 2020. The change from an in-person meeting to an online format brought its challenges, and while it was disappointing that we could not be together in Florida, the online format allowed for a great opportunity to catch up and share our injury prevention work with one another. Attendance was greater than expected, and those who were not originally planning to join us in person were able to join the webinar. The quick action and flexibility on behalf of presenters and attendees alike was a testament to the dedication of the entire TIPCAP team to tribal injury prevention.

The workshop started off with a session to provide important administrative updates and reminders on TIPCAP-related topics, mostly specific to issues and tasks related to closing out this last year of the current funding cycle. The next session focused on sustainability where we had a group discussion and volunteers shared examples of injury prevention activities that have already been sustained at the local level, as well as strategies that have been used to secure funding and resources

for sustaining those activities. Many of the suggestions included building and maintaining important partnerships and relationships, as well as presenting relevant data to key stakeholders.

During the workshop all of the attendees were given an opportunity to briefly present the highlights of their injury prevention work. Although the time they were given to present was brief (from 5 to 7 minutes), they all did an incredible job sharing their accomplishments with the group and answering questions from their peers and others. It was very impressive that they were able to modify their presentations in just days and all of the work they have accomplished is beyond impressive!

We were fortunate that LT Kyle M. Knight, PT, DPT, IHS Staff Physical Therapist at the Kayenta Health Center, was able to join us and give a great presentation on his work in older adult fall prevention in a tribal community. His presentation highlighted how clinicians and community-based programs can work together to prevent falls. One attendee said, "This presentation was very informative and gave some useful

ideas for implementing exercise programs and measuring the referral and improvement criteria." This presentation received the highest average satisfaction rating among evaluation responses.

Finally, the workshop gave an opportunity for attendees to reflect on their time with working on injury prevention in their communities under TIPCAP. It was evident that TIPCAP has, as CAPT Holly Billie would say, bitten those with the injury prevention bug; it was inspiring to hear about the dedication and drive those individuals put into making tribal communities safer.

We would like to thank everyone again for their understanding and flexibility with the change in format to virtual, and we appreciate you scrambling to adjust with us. The evaluations show that every session had a 4.33 (out of 5) average overall satisfaction rating or higher, which we believe says it was a success. A link to the recording of the workshop along with other materials, such as the slide show created by Sara Mumby with music added by Monte Yazzie, will be made available soon.

**Check out this
online module!**

Native CARS

Collect Your Own Child Passenger Safety Data



This module will help you:

- Determine the percentage of children riding in an age and size appropriate restraints in your tribe.
- Identify characteristics that put children at greater risk for riding incorrectly restrained or unrestrained in your community.

Plus there a ton of extra resources included!

<https://nativecars.org/modules/module-4-collect-your-own-cps-data/>

Funding opportunity!

Bureau of Justice

Tribal Responses to Drug Overdoses

Under this solicitation, up to five tribal communities will be selected for an award of up to \$500,000 each for a 14-month time period. Applicants must use a portion of the funds awarded under this solicitation to implement ODMAP.

Learn more here: https://www.cossapre-sources.org/Content/Documents/Funding/tribal_responses_solicitation.pdf



IHS resources!

Evidence-based Strategies

Selected Evidence-based Strategies for Preventing Injuries

This document outlines strategies and interventions most frequently utilized by the IHS IPP in working with tribal communities. The list of strategies will assist programs to identify and select the most appropriate evidence-based or promising strategies for reducing or preventing unintentional and intentional injuries in specific community settings.

https://www.ihs.gov/sites/injuryprevention/themes/responsive2017/display_objects/documents/IHS_IPP_Evidence-based_Strategies.pdf

Program Planning

Tips for Injury Prevention Program/Project Planning

This document will assist programs in focusing their work on short-term, intermediate, and long-term planning for grant proposals or general program and project planning. Guidance and general tips on writing goals and objectives, and assistance in differentiating between letters of support and letters of commitment are also included.

https://www.ihs.gov/sites/injuryprevention/themes/responsive2017/display_objects/documents/IHS_IPP_Tips%20for_Program%20%20Project_Planning.pdf

Conferences in 2020

NIHB National Tribal Public Health Summit *POSTPONED, no date announced*

March 17-19, 2020 in Omaha, NE

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

IHS Introduction to Injury Prevention Level *CANCELLED*

April 21-23, 2020 in Portland, OR

Society for Advancement of Violence and Injury Prevention Conference *CANCELLED*

April 27-29, 2020 in Philadelphia, PA

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

Tribal Motor Vehicle Safety Summit *POSTPONED, no date announced*

April 27-29, 2020 in Philadelphia, PA

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

Kidz in Motion

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

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

National Transportation in Indian Country Conference (NTICC)

****Still accepting abstracts until April 1*

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

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

Safe States Alliance Conference

Sept. 9-11, 2020 in Pittsburgh, PA

[https://www.safestates.org/page/](https://www.safestates.org/page/AnnualConferences)

[AnnualConferences](https://www.safestates.org/page/AnnualConferences)

NIHB Annual National Tribal Health Conference

Sept. 14-18, 2020 in Anchorage, AK

[https://www.nihb.org/communications/](https://www.nihb.org/communications/events_calendar.php)
[events_calendar.php](https://www.nihb.org/communications/events_calendar.php)

DISTRACTED DRIVING AWARENESS MONTH

POSTPONED, no date announced

The National Safety Council has decided to postpone Distracted Driving Awareness Month, originally slated for April, to a yet-to-be-determined date later this year.

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