# It's in the Stories We Tell You Changing the Narrative...

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# Diversity, geography, & residence

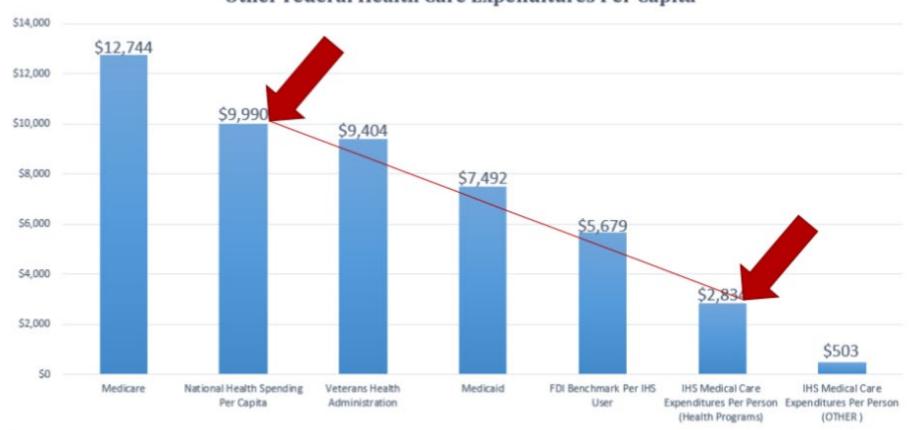


# AI/AN Demographics

- Where do we live?
  - ⋄22% reservations or other trust land¹
  - ♦78% outside tribal statistical areas<sup>1</sup>
  - - ♦b/w 2000-2010 the # of Al/AN residing in urban areas grew by 34% (~1 million people)²
    - ♦Proportion of urban Al/AN increased from 67% (2000) to 71% (2010)²

## **Funding Disparities**





# Why is this important?

"Compared to urban NHWs, more urban AI/ANs had not talked with a health care professional in a year or longer, fewer urban Al/ANs had a usual place to go when sick and more urban Al/ANs had greater than one ER/ED visit in the past year."

www.uihi.org, Health Care Access And Use Among Urban American Indians and Alaska Natives, November 2012.

# Digging deeper...

"Neither health insurance nor higher income in isolation improve access to care for urban Al/ANs...factors include: cultural differences, discrimination (whether intentional or not), perceptions of bias and mistrust and differences in beliefs and attitudes about health care"

www.uihi.org, Health Care Access And Use Among Urban American Indians and Alaska Natives, November 2012.

## Our stories...our truth...







# Share a common narrative...



### COME TO DENVER

THE CHANCE OF YOUR LIFETIME!

### Good Jobs

Government-Federal State, Local

Wholes ale Trade Construction of Buildings, Etc.



AutoMech, Beauty Shop, Drafting, Nursing, Office Work, Watchmoking Adult Education Evening High School, Arts and Crafts



### Happy Homes

Beautiful Houses Many Churches

Exciting Community Life. Over Half of Homes Owned by Residents



### CHICAGOLAND INDIANS GET GOOD JOBS.







JOBS RECENTLY OBTAINED OFFER OPPORTUNITY - SECURITY

### SHOW KNOW HOW





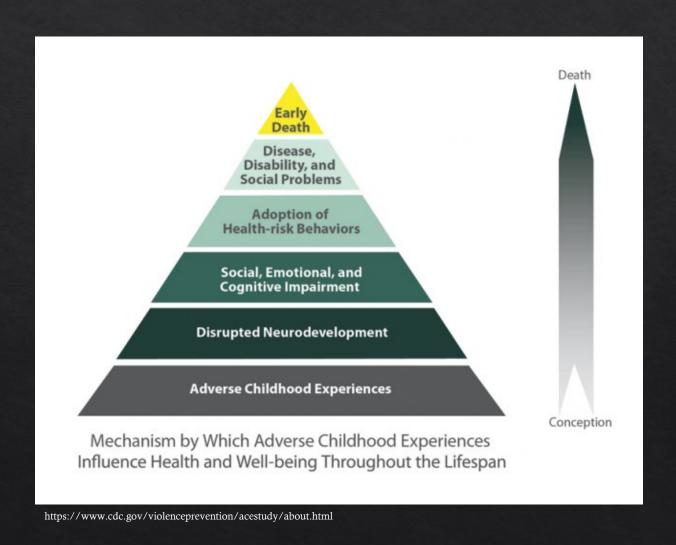


CHICAGOLAND INDIANS OPEN DOOR TO **HAPPINESS - SUCCESS** 

## Truth in our stories

- ♦ (1700s) Small pox blanket distribution
- (1970s) Sterilization of women and girls without consent
- ♦ (1990s) Havasupai tribe and Arizona State University
  - Blood samples removed for unapproved research

# Adverse Childhood Experience & the CDC-Kaiser Permanente ACE Study



# Pulling apart the pieces and putting them back together...

- Beyond Health Disparities
- Validating Culture in Healthcare
- Improving Health Equity
- ♦ Re-Defining "Health"

## Bias (Explicit/Implicit)

```
Who I think I am...
Who you think I am...
Who I tell you I am...
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# **Cultural Humility**

- Self-awareness and self-reflection
- We are not the experts
- Learning from the people we serve
- Acknowledge what is important to the other person
- Recognize & remediate our own biases to reframe our interactions

## Making the Connection...

History, culture, identity, and federal policy are integral to understanding the unique challenges facing indigenous Americans seeking healthcare.

# Moving forward

Output Understanding opens our awareness in seeing the strengths within the populations we serve that can empower individuals and motivate change.

## Creating Space for a New Story

- Intergenerational Mentorship
- Incorporating Native Language
- Cultural & Social Support



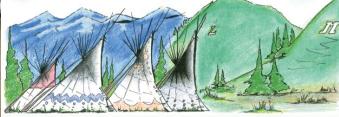




Connecting

Annual Spring Wellness Fair

### NATIVE WELLINESS FOR the Love of the People



MISSOULA URBAN INDIAN HEALTH CENTER PRESENTS:

### **SPRING WELLNESS FAIR 2018**

 $\label{eq:first-proof-state} \mbox{FREE food, fun, games for ALL ages!}$ 

When: April 28th from 1 pm - 4pm

Where: Payne Family Native American Center

University of Montana Missoula, Montana

Open to ALL area American Indian/Alaska Natives & their Families!

Gift for each participant! Raffles every half-hour!



For more information contact MCIHC: 406-829-9515 ext. 114 or 121 or email csmith@muihc.org



Annual Fall Wellness Clinic

## Circle of Life Curriculum

Circle Of Life: Cancer Education and Wellness

for American Indian and Alaska Native Communities









American Cancer Society Circle Of Life\*

Cancer Education and Wellness for American Indian and Alaska Native Communities

# Family Winter Bingo

### Missoula Urban Indian Health Center's Winter Bingo

Join us on Friday, December 21st from 5-7 PM at the Payne Native American Center at the University of Montana for

### Free Family Friendly Bingo Event!

MUIHC staff will provide education on various health topics (e.g, diabetes, cancer, heart health) to develop and strengthen the urban Indian community.

Two healthy meal options (roasted chicken or beef brisket) will be provided. Vegetarian, vegan, and gluten free options are also available.

First 100 participants receive free First Night buttons to celebrate local artists and musicians as a family friendly way to celebrate New Year's Eve. All participants have a chance to win one of many bingo prizes!















## Comprehensive Assessment Form

2018-2019 GPRA Comprehensive Assessment Form Annual Measures and Health Reminders									2018-2019 GPRA Comprehensive Assessment Form Annual Measures and Health Reminders								
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