

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

Cherith Smith, Pharm D

Assistant Clinical Professor, Pharmacy Practice
College of Health Professions & Biomedical Sciences
University of Montana

Practice Site:

Missoula Urban Indian Health Center

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Diversity, geography, & residence



<https://tribalnations.mt.gov/tribalnations>



AI/AN Demographics

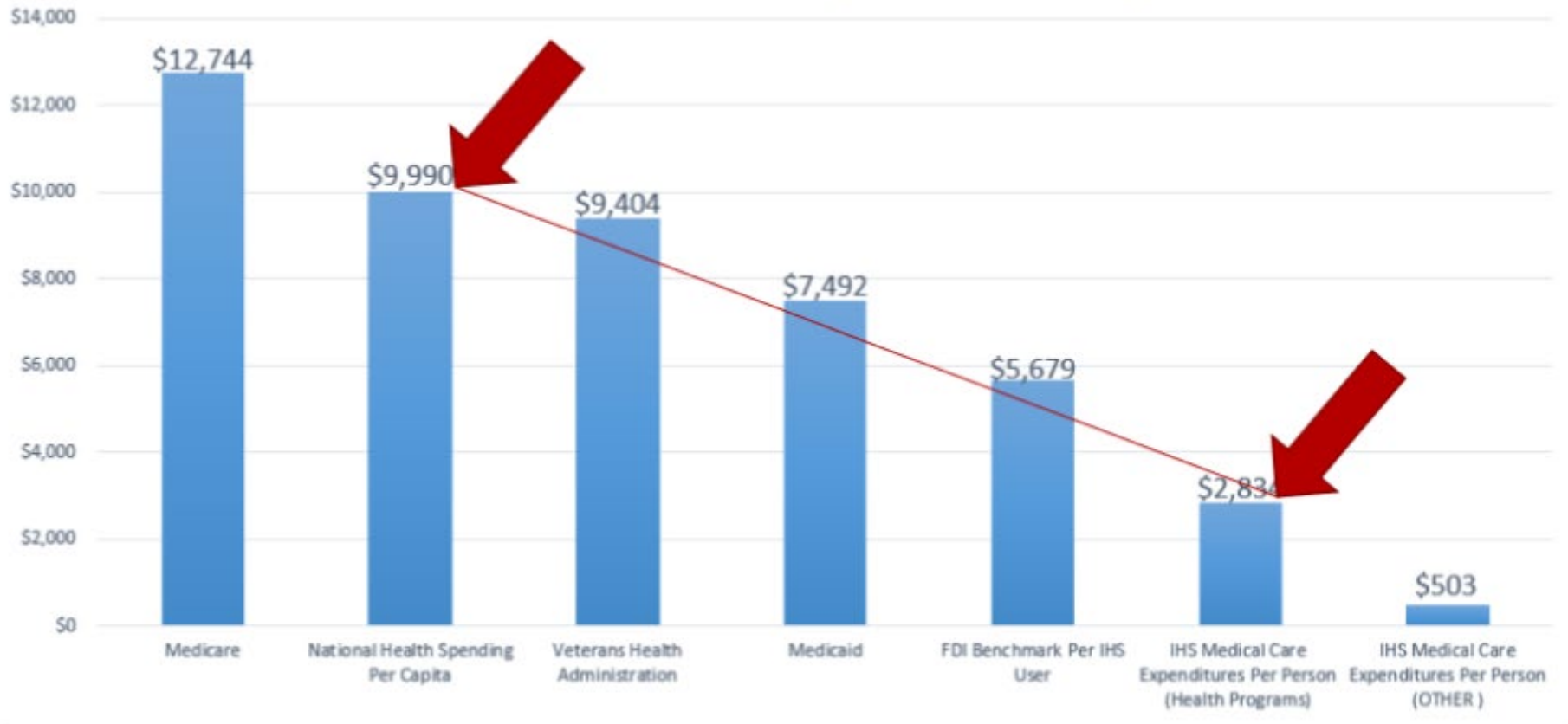
- ◆ Where do we live?
 - ◆ 22% reservations or other trust land¹
 - ◆ 78% outside tribal statistical areas¹
 - ◆ 60% metropolitan areas¹
 - ◆ b/w 2000-2010 the # of AI/AN residing in urban areas grew by 34% (~1 million people)²
 - ◆ Proportion of urban AI/AN increased from 67% (2000) to 71% (2010)²

¹<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=3&lvlid=62>, Profile: American Indian/Alaska Native, February 8, 2017

²http://www.uihi.org/download/UIHO_Fact-Sheet_20150227.pdf, Urban Indian Health Institute, February 8, 2017

Funding Disparities

2016 IHS Expenditures Per Capita and Other Federal Health Care Expenditures Per Capita



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 AI/ANs had a usual place to go **when sick** and more urban AI/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 AI/ANs...factors include: cultural differences, discrimination (whether intentional or not), perceptions of bias and mistrust and differences in beliefs and attitudes about health care”

Our stories...our truth...



Share a common narrative...



COME TO DENVER
THE CHANCE OF YOUR LIFETIME!

Good Jobs
Retail Trade
Manufacturing
Government-Federal, State, Local
Wholesale Trade
Construction of Buildings, Etc.



Happy Homes
Beautiful Houses
Many Churches
Exciting Community Life
Over Half of Homes Owned by Residents
Convenient Stores-Shopping Centers





Training
Vocational Training
Auto Mech., Beauty Shop, Drafting,
Nursing, Office Work, Watchmaking
Adult Education
Evening High School, Arts and Crafts
Job Improvement, Home-making




**CHICAGOLAND INDIANS
GET GOOD JOBS.**

SHOW KNOW HOW





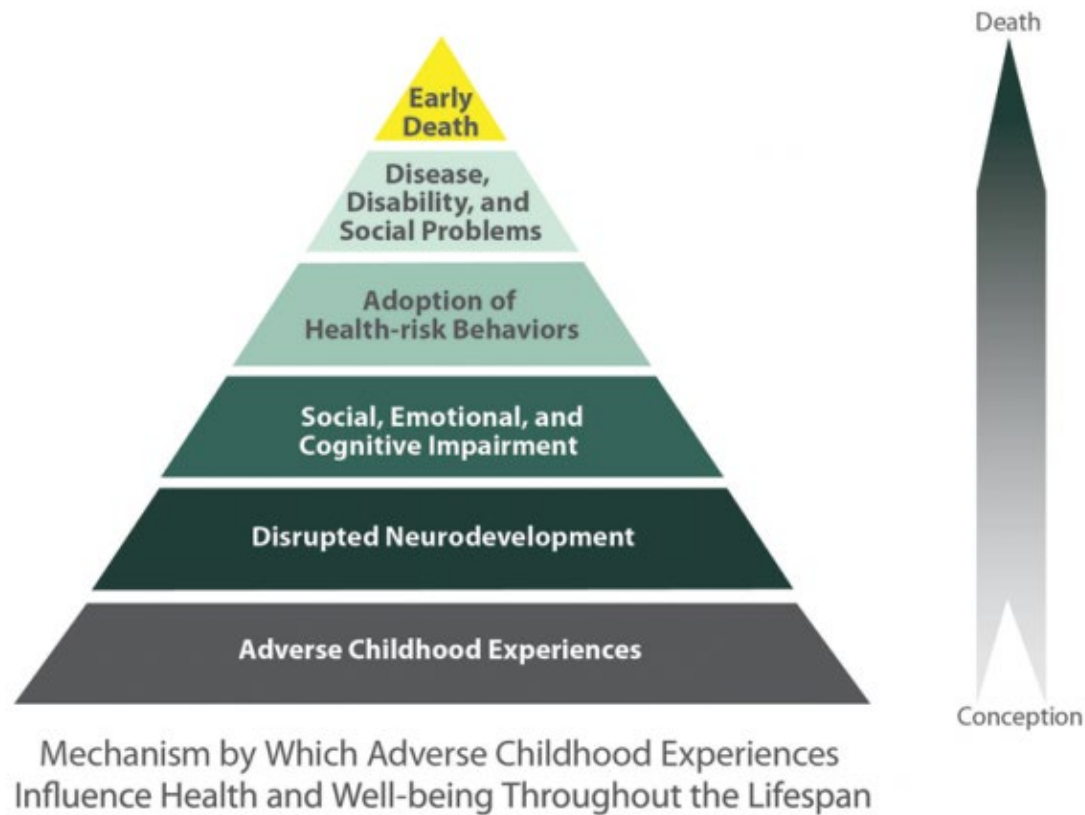
**JOBS RECENTLY OBTAINED OFFER
OPPORTUNITY - SECURITY**

**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...

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

- ◆ 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

Annual Fall Wellness Clinic



**NATIVE WELLNESS
FOR the Love of the People**

MISSOULA URBAN INDIAN HEALTH CENTER PRESENTS
SPRING WELLNESS FAIR 2018
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 MUIHC:
406-829-9515 ext. 114 or 121 or email camith@muihc.org



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!



