

# Mobile clinic taking service to the members

The mobile health clinic makes regular visits to the Simnasho, Seekseequa and Sidwalter communities. The clinic also makes a regular day stop at the administration building.

The physician and dental team see an average of 20 patients during these stops.

Last month the clinic visited the Warm Springs Eagle Academy, and the health workers eventually met with just about every student at the school. They also made a special stop at the Diabetes program.

Later this month, the clinic will be at Fire Management, giving physical exams to the 2015 fire crews.

The mobile clinic has been in service for about a year and a half.

The health team can access the patients' records over an internet connec-



Lynn Graybael is the driver of the Warm Springs Mobile Clinic.

Dave McMechan/Spilyay

tion, provided by a mobile internet device that is set up outside the vehicle.

The upcoming schedule will see the mobile clinic at Fire Management on April 21; and the administration building on April 28.

On May 5 the clinic will be at Sidwalter; on May 12 at Seekseequa; May 19 back at administration; and May 26 at Simnasho.

On June 2 the clinic will be at the community center, and on June 9 back at Sidwalter. The clinic will visit the senior center on May 16; and Simnasho on May 23.

The mobile unit is made possible by a cooperative effort among the Community Health Program, the Joint Health Commission, tribal Health and Human Services, and the Indian Health Service.

## Survey looks at piniped problem



Courtesy Steve Jeffries, Washington Department of Fish and Wildlife

Harbor seals at Astoria, mouth of the Columbia.

A recent survey by the Columbia River Inter-Tribal Fish Commission of sea lions and seals in the lower Columbia River found this colony of about 6,400 harbor seals

at the mouth of the river.

The seals and sea lions—or pinipeds—are taking advantage of a high smelt run this year.

It is unclear what the effects of this explosion in pin-

niped numbers will have on the salmon run since researchers cannot predict how many of the animals will remain at the mouth after the smelt run.

(Courtesy The Dipnetter.)

## River forecast

Rising rivers due to snowmelt is one of many cues that the Creator tells us that spring is here. The normal pattern of rising spring river levels is a cue to salmon smolts to move downriver as fast as possible, which helps ensure a safer passage route out to the ocean.

For this spring, though, many watersheds are lacking snowpack in a big way.

This winter has been short-changed due to El Niño in the tropical Pacific Ocean, which tends to deliver warm, dry winters to the Pacific Northwest.

The Pacific Ocean usually has a predictable 20- to 30-year warm-cold ocean cycle. We should be in a cooler part of the cycle, but conditions have departed from the norm, and the ocean is warmer this year. This warmer ocean, in turn, has increased the effects of the El Niño.

The snowpacks in the Oregon-Washington Cascades have been very low. Snow water equivalent values were 25 to 75 percent below normal this winter.

A major storm hit in early

February, which is normally a time when it would have fallen as snow.

Instead, the warm temperatures resulted in the precipitation falling as rain, which caused many flashy rises in tributary streams.

These peak flow events came two to three months early, which means less water will be available for the summer season and the mainstem river peaks of late May.

The latest Columbia River Inter-Tribal Fish Commission water supply forecast for the Columbia at The Dalles is 95 percent of normal (NOAA forecast is 80 percent), which doesn't sound so bad.

Unfortunately, the warm temperatures have resulted in all this water coming downstream soon after it falls rather than being stored in snowpack to be released during the warm summer months.

This means that streams this summer will be hotter than normal, the low water levels will create fish passage and habitat problems, and there will be a greater chance of wildfires. **Kyle Dittmer**, CRITFC Meteorologist/Hydrologist.

## Fish forecast

The winter gillnet fishery ended in March. Based on catches, it looks like there will be a good number of sturgeon available on both the Bonneville and The Dalles harvest guidelines, and a few available on the John Day pool guideline.

No determinations have been made by the tribes yet on how to use these fish. Additional sturgeon fisheries may be a possibility.

The spring chinook is forecast to be 232,500 fish. It is still a pretty small number of fish, but we have the largest total to date since 2003. (Please note this may not mean the run will be bigger than predicted, it just started out early.)

We won't know how big the run will be until sometime in May.

The actual run size will determine what the allowed harvest rate and the allowed catch is for the tribal fishery.

Both treaty and non-treaty fisheries are managed on the same actual river mouth run size.

**Stuart Ellis**, CRITFC Harvest Biologist

## ASIST training on suicide prevention

Asist—Applied Suicide Intervention Skills Training—is coming up this month at Kah-Nee-Ta.

The Asist workshop—April 29-30 from 8:30 a.m.-4:30 p.m.—is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

For more information on the upcoming workshop, contact Sarah Wolfe at 541-553-3205 ext. 0107; or email: sarah.wolfe@wstribe.org

The registration deadline is next week, on April 20. Space is limited to 40 participants. For certification you must attend both days. The Asist workshop is hosted by the Confederated Tribes of Warm Springs, and the Northwest Portland Area Indian Health Board.

### The program

Developed in 1983 and

regularly updated to reflect improvements in knowledge and practice, Asist is the world's leading suicide intervention workshop.

During the workshop, participants learn to intervene and help prevent the immediate risk of suicide.

Over 1 million people have taken the workshop, and studies have proven that the Asist method helps reduce suicidal feelings for those at risk.

### Workshop features:

- Presentations and guidance from two Living Works registered trainers.
- A scientifically proven intervention model.
- Powerful audiovisual learning aids.
- Group discussions.
- Skills practice and development.
- A balance of challenge and safety.

Asist has saved and changed hundreds of thousands of lives around the world.

Many professionals attend Asist because suicide intervention skills are essential for their work.

Other people attend simply because they want to be able to help someone in need, in much the same way they might learn CPR. Because the training is comprehensive and doesn't rely on prior qualifications, they can have the same meaningful experience as a professional caregiver.

Ultimately, Asist is founded on the principle that everyone can make a difference in preventing suicide. (See the ad below for more information.)

See [KWSO.org](http://KWSO.org) for Warm Springs news.

## ASIST - Applied Suicide Intervention Skills Training



### Workshop information

The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over 750,000 caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. If you are interested in learning more about ASIST or LivingWorks Education, you can visit their website at [www.livingworks.net](http://www.livingworks.net). Participants must be over 16 years of age to attend. This is a NO COST training!

### Agenda

**When?** April 29-30, 2015  
8:30AM – 4:30PM

**Where?** Kah-Nee-Ta Resort and Spa  
6823 Highway 8  
P.O. Box 1240  
Warm Springs, OR 97761

**Contact Sarah Wolfe to register:**  
(541) 553-3205 x 0107  
[sarah.wolfe@wstribe.org](mailto:sarah.wolfe@wstribe.org)

**Registration Deadline:** April 20, 2015, space is limited to 40 participants so please register early.

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