

Mental Health Services

Mental health counseling including individual, family and marital therapy is available at Chemawa Indian Health Center. Services are completely confidential and provided in privacy. Appointments may be made by calling 370-4209.

Nutrition Services

The Chemawa Indian Health Center has a public health nutritionist who is a specialist in helping you and your family make decisions about nutrition that will foster and maintain a healthy life. Everyone needs the same nutrients to live, work and play. However, at different times in life (pregnancy, breast-feeding, infancy, childhood, adolescence, adulthood and older years), a person's body may require more or less nutrients to get through the day. The nutritionist works closely with the medical staff to help you improve your health.

Nutrition education is provided for all age groups to improve eating patterns based on special needs, cultural practices and available resources. Nutritional counseling is available through workshops, classes, home visits and patient appointments. For more information call the nutritionist at 370-4209.

Appointments

We try to schedule appointments so that patients have a minimum of waiting; however, we will see walk-in patients on a work-in basis as the schedule allows. Physical exams, well-child care, and first prenatal visits should be scheduled at least a week in advance to allow ample time to serve you.

When you call, please use your full name rather than nicknames. This helps to quickly locate your medical record for your appointment. If it is your first visit to the clinic, please try to get there about twenty (20) minutes before your appointment to fill out an application for services.

When you arrive, please check in with the receptionist and sign in. Let her know that you are there to see the doctor, or to utilize one of the other services at the clinic. Please be prepared for the possibility of a short wait. We try to get to people on time, but serving an individual's health needs is not always predictable.

Emergencies

During regular hours, emergency cases will be seen immediately by the clinic staff; after regular clinic hours those within the service area please go to the Salem Memorial Hospital emergency room. Ambulance service can be obtained by dialing "911".

In an emergency, a patient eligible for contract care may go directly to a health care facility without prior authorization by IHS. Authorization must be sought by the patient's family or physician within 72 hours.