

Health and Human Services

Fun, relaxation themes of August mental health camping excursion

This year's motto: "Life is like a box of chocolates. You never know what you're gonna git."

The now-famous line from the summer movie *Forrest Gump* was the motto for the recent Mental Health Camping Trip. Tomoko Gersch and Bryan Langley of the Mental Health Department took sixteen clients and family members to Silver Falls state park for a three-day camp out in the woods. The trip, sponsored by the Mental Health Department, was for clients and family members only.

"I hope to be able to involve more people next year," said Tomoko.

The Mental Health Department planned the camping trip for clients and their families to give them a chance to get away from the hustle and bustle of their daily lives and have some fun. It was also intended to give families a chance to interact with each other without outside interferences like television or radio.

There were games and activities that campers participated in.

Said Tomoko, "One of the favorites was called Blob Tag. One



Participants of the mental health camp out.

person is the tagger and each person tagged has to hang on to him or her until there is one big blob of people running round trying to find the last person."

Some of the other activities included hiking, chalk art, origami (Japanese paper-folding art), roasting marshmallows,

swimming, frisbee throw, sack races, and medicine pouch making. Everyone helped set up camp and prepare the meals.

This trip was a huge success. The Mental Health Department would like to thank Duane Manyhides and Vernon Kennedy from Prevention for all of their help.

Tribal self-governance negotiations complete

Negotiations have been completed on the Indian Health Services compact by the Tribal Self-Governance Team.

The team is made up of Cheryle Kennedy, human services manager, Jim Willis, executive officer, Pat Mercier, financial officer, Michael Mason, tribal attorney, Merle Leno, Greg Archuleta, Council member Andy Jenness, and consultants Jim Sizemore and Tom Sidel. Mark Mercier, Council Chairman attended the negotiations in Washington, D.C.

Self-governance is designed "to provide tribal governments with more control and decision making over federal financial resources provided for the benefits of Indian people.

"Self-governance fosters the shaping of a new partnership between the tribes and the United States in a government-to-government relationship."

The Confederated Tribes of the Grand Ronde work on the health services compact is a demonstration project that will serve as a model for other tribes.

Work began with a meeting with the Indian Health Services Chief Negotiating team. Progress was periodically observed by personnel from the Indian Health Services headquarters.

The Grand Ronde negotiating team presented its recommendations on a plan that emphasized the following:

- Expansion of the Tribes' service delivery area. If any savings were realized, priorities would be expanded and health promotion and disease prevention services would be offered to members living in our

aboriginal Western Oregon territories.

- That the 1994 appropriated \$300,000 in construction funds be added to the compact.

- That the Tribes' be allowed to carry over any existing contract funds into the compact.

- The committee opposed the Indian Health Services proposal on allocating funds between the tribes. The Grand Ronde team recommended that a more equitable formula be developed.

"Our philosophy in going into the self-governance negotiations was to 'do no harm,'" Kennedy said. "We didn't want to cast harm onto another tribe. We were looking at it as a way that we could all live with . . . there was fair mindedness in going into these negotiations. That was our approach."

She said that there were few revisions in the Tribes' proposal.

Accepted by federal officials was a process that allows greater financial flexibility by the Tribes in administering health funds.

The Grand Ronde Tribes will receive less than the anticipated money originally allocated, but that will be partially offset by \$60,000 for community health services and \$40,000 for catastrophic care.

A proposal was agreed upon that placed \$3,500 in children's grant funds and \$2,000 from mental health under the Indian Health Service.

"The Tribe accomplished the finalization of the agreement in one day -- a very long day. No other Tribe as accomplished it in this time frame. It was through the preparation and dedication of all involved," Kennedy said.

Dental Clinic News

Let's Talk Teeth...

By Linda Mann, RDH

The Dental Clinic staff wishes to thank those of you who stopped by the Dental Clinic Booth at the pow-wow last August. We had a lot of fun at the puppet shows and have received many nice compliments on it. For those of you who took the Dental Product Survey, the results were very interesting:

Toothbrushes: Most people buy their own toothbrushes in addition to the one given to them in the dental office. The most important factor they consider in their purchase is the price. Other important factors include types of bristles, recommendations from dentists, and influence from television commercials. Oral-B was chosen most favorite brand followed by Crest Complete and Aquafresh Flex. We were able to inform participants that soft toothbrushes



are the best in that the bristles are able to flex and bend to reach along the gumline. Hard toothbrushes tend to be too abrasive to the gums and can actually wear the gum tissue away permanently.

Toothpaste: Most people were extremely loyal to a specific brand of toothpaste and said their family had always used it. Taste and presence of baking soda or peroxide were important factors. Of the seven pastes displayed, Tartar-Control Crest was the favorite followed by a relatively new brand -- Metadent. Although most toothpastes on the market contain fluoride, there are still some that do

not. Fluoride should be the most important factor in selecting a toothpaste, other than that, let taste be your guide.

Mouthrinse: Most of the survey participants used a mouthrinse at least sometimes, mostly to reduce germs. Taste and price were the defining factors in choosing a mouthrinse. Rinses like Scope and Listerine are helpful in killing germs, while rinses like Act or Flourguard aid in reducing decay.

No Cavity Club

Congratulations to our recent members:

Emma Leno

Kara Jenness

Kylee Wilson

Dennis Linton

Brandie Palafor

Lindsay Wilson

By word of mouth

By Dr. Scott van Dyken

You should be aware of periodontal and disease and how to fight it.

Periodontal disease is loss of supporting bone around teeth caused by bacterial infection. When tartar and plaque collects on teeth, gums get very sore and bleed, which can lead to loss of bone. The effects of periodontal disease can take years to appear and sometimes decades before it is severe.

There are several steps you can take to fight the disease. Regular

brushing, flossing, and yearly visits to your dentist and dental hygienist. If you have already developed the disease, there are several steps you should take. See your dentist for an exam to evaluate the extent of the disease and present you with options for treatment. Some treatments may include: prescription mouthrinses, deep cleanings by the hygienist, surgeries, and antibiotic therapies.

All of these treatments will help you have healthier gums and stronger teeth, which should be a goal everyone tries to achieve.