



HEALTH & WELLNESS NEWS

Health & Wellness Center hours

The Health & Wellness Center is pleased to add additional access for patients during holiday weeks on Thursday mornings. The clinic will be scheduling patients at 8 a.m. every Thursday preceding or following a holiday closure. Urgent care also will be available during this time.

Health & Wellness Center closures

• Monday, Jan. 21 – Martin Luther King Jr. Day

Afterhours health line

Tribal members can contact the Afterhours Health Line for questions about health care concerns you may have when the clinic is not open. You can reach the Afterhours Health Line by calling 503-879-2002 and follow the prompts. The Afterhours Health Line will coordinate care and communicate with Grand Ronde Health & Wellness Center providers.

Gathering input on top health issues

The Northwest Portland Area Indian Health Board (NPAIHB) has partnered with the Oregon Health Authority (OHA) to gather input on top health issues that are most important to American Indian/Alaska Native residents of Oregon. This information will help OHA as they develop the 2020-2024 State Health Improvement Plan (SHIP), which will identify key focus areas and strategies for improving health within our state. AI/AN people were underrepresented in the community input that OHA used to write the current health plan, so we want to make sure that Native voices are clearly heard during this planning process.

You can help by taking a short online survey before the end of January at www.surveymonkey.com/r/2020ship. This survey will take less than 10 minutes, and is open to anyone 18 or older. All those that complete the survey will have the option to enter a drawing to win a \$50 Visa gift card. NPAIHB is also planning to hold listening sessions around the state to discuss health priorities, and you can provide feedback directly to the Oregon Health Authority by e-mailing publichealth.policy@state.or.us.

If you have any questions or would like more information about NPAIHB or the SHIP, please contact Taylor Ellis at tellis@npaihb.org.

January is (TBI) Traumatic Brain Injury Awareness

Traumatic brain injury (TBI) occurs when a sudden trauma, such as a blow or jolt to the head, causes damage to the brain. Such injuries can result in impaired physical, cognitive, emotional, and behavioral functioning.

What is TBI? When an individual suffers a TBI, the brain can be injured in a number of different ways. Brain injury can occur even when there is no direct blow to the head, such as when a person suffers whiplash. When the head is rapidly accelerated and decelerated, as in an automobile accident, twisting or rotational forces may stretch and even sever long-range connecting fibers in the brain. Damage to these fibers disrupts communication between nerve cells, and thereby reduces the efficiency of widespread brain networks.

How serious is TBI? The severity of TBI can range from "mild" (characterized by relatively brief changes in mental status or consciousness following the injury) to "severe" (characterized by an extended period of unconsciousness or amnesia after the injury). Thus, the length of time that a person is unconscious is one way to measure the severity of the injury. If you weren't knocked out at all or if you were unconscious for less than 30 minutes, your injury was most likely minor or mild. If you were knocked out for more than 30 minutes but less than 6 hours, your injuries were probably moderate.

Common symptoms for TBI include: physical complaints (dizziness, fatigue, headaches, visual disturbances, trouble sleeping, sensitivity to light and sound, poor balance), cognitive changes (poor concentration, memory problems, poor judgment and impulsivity, slowed performance, difficulty putting thoughts into words), and psychosocial concerns (depression, anger outbursts, irritability, personality changes, anxiety). Please see your primary provider if you are experiencing any of these symptoms due to TBI.

The material presented is based on published scientific research and clinical studies and was adapted from a variety of sources including:

Mittenberg, Zielinski, & Fichera, (1993). *Psychotherapy in Private Practice*.
 Raskin & Mateer, (2000). *Neuropsychological Management of Mild Traumatic Brain Injury*.

CTGR COMMUNITY HEALTH PRESENTS

AGING WISELY

Navigating Resources for Elders

Featuring a panel of guest speakers from:

- CTGR Community Health
- CTGR Adult Foster Care Services
- Northwest Senior and Disability Services
 - Home Health Services
 - Hospice Services

Plus a special discussion on **Self-Advocacy for Elders' Wellness**

When: Thursday Jan. 24 – 9 a.m.-4 p.m.
Where: CTGR Community Center

Free Lunch and Door Prizes!

#BreakTheStigma

Date: Tuesday January 29th 2019 Time: 10:00 AM to 2:00 PM
 Location: CTGR Portland Office
 4445 S.W. Barbur Blvd. Portland, OR 97239

Come join us as we discuss the importance of mental health awareness with guest speaker and Director of Grand Ronde Behavioral Health, Christine McCambridge, PMHNP. She will go over the resources provided to Grand Ronde Tribal Members, their Family Members, and other Native American Indians who need help to learn, cope and grow with depression, anxiety, PTSD, sexual abuse, domestic violence, and more. She will also share with you the expansion plan for behavioral health services.

What is the TLC house? What are the requirements to get into the house? What opportunities does the TLC house provide when living there? Learn all of this and more from our guest speaker Brandy McIntosh, BA, DMHA, Post Treatment Support Counselor.