



SECTION 2: Health & Wellness



Native Community Helpers

Muckleshoot Behavioral Health Program is Recruiting Community Members to be Trained as [Native Community Helpers](#)



As a Native Community Helper You Will Receive:

- Training in Suicide Prevention and Drug & Alcohol Addiction
- Learn the warning signs of suicide and how to respond to potentially save a life
- Ongoing support from Behavioral Health Program

You Will Become Part of an Important Community-Wide Effort!
It's Easy To Sign Up And Receive More Information To Become A Native Community Helper:

Just Provide Your Name And A Contact Number One Of These Ways:

Call Muckleshoot Behavioral Health Program: (253) 804-8752

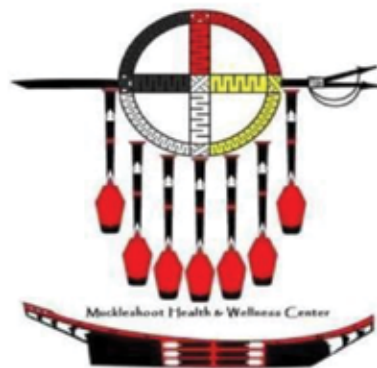
Or

Send a Text to: (253) 740-4586

Or

Click or Go To the Link Below:

<http://surveyanyplace.com/s/qtxbejby>



Mental Health Services Available

Muckleshoot Behavioral Health Program
17813 SE 392nd Street
Auburn, Washington 98092
(253) 804-8752

Ask your counselor for more information about any of these services



We're Recruiting Community Members Who are Interested in Becoming: **Native Community Helpers**

You Will Receive:

- Training in Suicide Prevention and Drug and Alcohol Addiction
- Learn the warning signs of suicide and how to respond to help save a life
- Ongoing support from Behavioral Health Program

You'll Become Part of an Important Community-Wide Effort!

It's Easy To Sign Up:

- 1) Tell your counselor you're interested in signing up
- or
- 2) Text: (253) 740-4586
- or
- 3) Go to this link: <http://surveyplace.com/s/qtxbejby>



Counseling Services

Therapy services begin with a mental health intake during which individuals identify their goals, strengths and needs. Ongoing service options are trauma-informed and include individual, couples, family, and group counseling, crisis intervention, in-home therapy, and case management. Goals are individualized to each client, and services are confidential. Contact your assigned therapist to discuss which therapy options would be the best fit for you.

Outreach and Transportation Services

Outreach services include crisis response, checking in on community members, in-home therapy, and case management. Transportation is available to and from your counseling services and groups. Contact the front desk or your therapist to request outreach or transportation.

Medication Management

Psychiatric services, including assessment and ongoing medication management, are available to clients participating in mental health therapy. Psychiatric providers work as a team with the client and their therapist to tailor services to each client's unique treatment and medication needs. Contact your individual therapist to discuss how medication services may work for you.

Domestic Violence Survivor Advocacy Services

Service include:
*Safety Planning *Filing for Protection Orders *Ongoing Support Group for Women *Therapy Services for Victims and Their Families *Support in Navigating the Social and Legal Systems *Emergency Housing *Legal Referrals *Basic Needs
Contact Christine Mandry or your therapist for information.

Equine Assisted Therapy

Equine Assisted Therapy, the use of horses within the therapy setting, is an effective and fun therapy model provided in a safe environment. This approach can be used to address emotional road-blocks, address past trauma and provide emotional healing, and increase self-esteem. Contact Karyn Cross-Sarabia or your therapist for information.

Nexalin

If you're suffering from anxiety, depression, and/or insomnia, you may benefit from incorporating Nexalin into your current mental health treatment. It's a drug-free alternative to medication, or can be used to enhance the medications you are already using. Nexalin delivers mild currents that feel undetectable and may help reduce symptoms. Contact your therapist for more information.

Muckleshoot Behavioral Health Program

Healthy Relationships Women's Group

Every Tuesday 3-4:30 pm

at Muckleshoot Behavioral Health Program

Open to All Women in the Community

Refreshments Provided



In This Group You Will:

- Learn What a Healthy Relationship Looks Like with Yourself and Others
- Learn How to Recognize Abuse and How to Change the Cycle of Domestic Violence for Yourself and Your Family
- Support and Be Supported by Other Women Who Want to Improve Their Relationships and Participate in Activities and Art Projects

For more information, contact:
Christine Mandry at the
Muckleshoot Behavioral Health Program
(253) 804-8752



Childcare is Provided at the
Health and Wellness Center



IF YOU ARE NEEDING A REPLACEMENT:

- MEDICARE CARD
- SOCIAL SECURITY CARD
- MEDICARE BENEFIT LETTER

THERE ARE TWO SOCIAL SECURITY OFFICE LOCATIONS THAT MAY BE ABLE TO ASSIST YOU.

KENT
321 RAMSEY WAY SUITE# 401
HOURS OF OPERATION:
MONDAY, TUESDAY, THURSDAY, FRIDAY
9:00 AM - 4:00 PM
WEDNESDAY
9:00 AM - 12:00 PM

PUYALLUP
811 S HILL PARK DR
HOURS OF OPERATION:
MONDAY, TUESDAY, THURSDAY, FRIDAY
9:00 AM - 4:00 PM
WEDNESDAY
9:00 AM - 12:00 PM

MAIN SOCIAL SECURITY PHONE NUMBER: 1-800-772-1213



Look beyond the bathroom scale and find out what your physical health really is.

See What You're Made Of

Scales give you vague information and cannot tell the difference between fat, muscle, water, organs, etc. We have a tool at the Wellness Center that can measure your overall body composition and give you a *truer* insight to your physical health.

- In under a minute see your:
- Body Fat Mass and Percentage
 - Cell Health
 - Total Body Water
 - Total Skeletal Muscle Mass
 - Segmental Lean and Fat Analysis

Call the Wellness Center at (253) 333-3616 to make an appointment or just come on in!

Muckleshoot Community



Games for all ages
Every House

Snacks and Beverages
Candy, Candy, And Candy!!!!

October 31st, 2017 (Tuesday) 6:00pm to 8:00pm
At Muckleshoot Tribal School

Please Contact Frankie Lezard to Register for the Trunk or Treat
425-804-8752

Services Card

MARTHA WASHINGTON
123456789WA
Date Issued: 5/10

ARE YOU NEEDING A NEW PROVIDER ONE CARD?

YOU CAN GET A REPLACEMENT THREE WAYS!

- CALL 1-800-562-3022 EXT 15616
- ONLINE <https://www.waproviderone.org/client>
- COME IN TO THE MUCKLESHOOT MANAGED CARE DEPARTMENT!

17500 SE 392ND ST AUBURN WA 98092
253-939-6648

Healing with Horses Group



Come Join
The Horses
Every
Wednesday,
1-3pm

Spend healing time with
Horses at the Blue Barn

Open to join any time. Just show up!
All Community Members Welcome

Blue Barn: 38122 180th Ave. SE, Auburn 98092

For more info, contact: Karyn Cross-Sarabia
@ the Behavioral Health Program:
(253) 804-8752

Do you have Medicare Part A & B ?

ATTENTION! **Medicare Part D—Open Enrollment**
October 15th—December 7th, 2017

- Medicare Part D is Prescription Drug Coverage;
- During Open Enrollment You can Join a Medicare Prescription Drug Plan for 2018;
- Switch from one Prescription Drug Plan to another Medicare Plan for 2018;

Come by the Health & Wellness Center's Managed Care Department to see Ronette Bailey or Tonya Montgomery or call Ph # 253-939-6648

Muckleshoot Behavioral Health

16-Week Anger Management Class
Open to Join Anytime!
**New Day/Time Starting Feb. 23rd*
Every Thursday
1:30pm-3:00pm
Facilitated by: **Dr. Sarlak**
@ Behavioral Health
Meets Court Requirements
Have Questions?

For questions or more information, contact:
Bella Townsend @
Behavioral Health Program
(253) 804-8752

Diabetes Academy

UPDATED 2017 Diabetes Education Classes

Muckleshoot Health & Wellness Center Diabetes Program

Classes are taught by **Kaleigh, Registered Dietitian**

*Please contact **Emmie, Diabetes Coordinator** with questions (253) 939-6648

| | | |
|------------------------|---|--|
| October 11th | Preparing for Holiday Eating | 10:00 am -11:00am AND 3:00pm-4:00pm |
| November 8th Wednesday | Support Group, Total Points for Participants. | 10:00am-11:00am (One class this month) |

Attention: Muckleshoot Tribal Members

The Water, Sewer & Garbage Assistance Program has now been extended to King and Pierce Counties.

Please call (253) 876-2975 for details or stop by Public Works Office (Water Treatment Plant) to pick up an application.

Health and Wellness Center Presents

Basketball League Night

Wednesday Nights 6-9pm
September 13th -November 8th
Teams must have 51% Muckleshoot
6 teams only
No Entry Fee
Provide your own referees

Want Your Medical Bills Paid Quicker?

If you are getting statements from a doctor, hospital, x-ray, ambulance, lab and you received a PO number from CHS. If you have insurance and got a PO number from CHS, please bring in the EOB, paper from your insurance stating how they processed/paid your bill. Please bring the statement(s) and anything from your insurance to the CHS office, so we can pay your medical bills faster. Many times, your doctor does not send the CHS office your bills, then you keep getting statements... bring anything in that you get for your bills if you got a PO number. The CHS office can't pay a bill if we don't have it.

Thank you
CHS Team
(253) 939-6648

SICK AND DON'T WANT TO WAIT LONG HOURS IN A HOSPITAL E.R.?

There are local Urgent Care Medical Centers that can help you.

Sore Throat, Ear Ache, Ankle Injury, Upper Respiratory Infections: These are just a few of the conditions they can help you with. They can also do lab work and x-rays, if needed.

If you decide to go after 5:00pm or on the weekend, CHS does consider this as an emergency room visit.

You must call CHS office for PO numbers within 72 hours/3 days of being seen.

CHS OFFICE – 253-939-6648

If you are too sick to call, a family member or friend can call for you.

SOME URGENT CARE CENTERS YOU CAN CALL TO CHECK THE WAIT TIME

MULTICARE URGENT CARE – AUBURN
202 Cross Street SE | Phone: 253-876-8111
Hours: Monday – Friday, 8:00am – 7:30pm
Saturday & Sunday, 8:00am – 3:30pm

MULTICARE URGENT CARE – KENT
222 State Ave N | Phone: 253-372-7788
Hours: Monday – Friday, 9:00am – 8:30pm
Saturday & Sunday, 9:00am – 4:30pm

MULTICARE URGENT CARE – COVINGTON
17700 SE 272nd St @ Wax Road | Phone: 253-372-7020
Hours: Monday – Friday, 8:00am – 7:30pm
Saturday & Sunday, 8:00am – 5:30pm

VALLEY MEDICAL CENTER – COVINGTON
27500 168th Place SE | Phone: 253-395-2006
Hours: Monday – Friday, 8:00am – 8:00pm
Saturday & Sunday, 8:00am – 4:00pm

09/01/15 MI URGENT CARE NOTICE



If You Think You or a Loved One May Have an Issue With Gambling, Let Us Help You
Muckleshoot Behavioral Health

- What Does Problem Gambling Look Like?**
- Needing to gamble with increasing amounts of money in order to achieve the desired excitement.
 - Experiencing restlessness or irritability when attempting to cut down or stop gambling.
 - Making repeated unsuccessful efforts to control, cut back, or stop gambling.
 - Being preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
 - Gambling when feeling distressed (e.g., helpless, guilty, anxious, depressed).
 - After losing money gambling often returns another day to get even (“chasing” one’s losses).
 - Lying to conceal the extent of involvement with gambling.
 - Jeopardizing a significant relationship, job, or educational / career opportunity because of gambling.
 - Relying on others to provide money to relieve desperate financial situations caused by gambling

How do you know if you have problem gambling behavior?

- Take this simple questionnaire:
1. During the last 12 months, have you become restless, irritable, or anxious when trying to stop or cut down on gambling?
 2. During the last 12 months, have you tried to keep your family or friends from knowing how much you gambled?
 3. During the past 12 months, did you have such financial trouble as the result of your gambling that you had to get help with living expenses from friends, family members, or welfare organizations?

If you answered yes to any of these questions, please contact Julia Smiley at Behavioral Health (253)804-8752 today.



ROADWAY TO SAFER TRIBAL COMMUNITIES

BUCKLE UP!

Every Person, Every Seat, EVERY TIME.

Learn more at
www.cdc.gov/motorvehiclesafety/native/index.html
or call 1-800-CDC-INFO

Logos for CDC, NHTSA, and Injury Prevention.

What are Needle Exchanges and why do we have them?

Muckleshoot Behavioral Health

What: Needle Exchanges are a non-judgmental space where injection drug users can receive clean needles and safe injection supplies. Other services are also offered such as overdose prevention education and referrals to medical care and treatment services if requested.

Why: NEEDLE EXCHANGES SAVE LIVES!!!

By offering Needle Exchange Services it takes injection needles off of the streets and out of the community. It offers safe injection equipment so that IV drug users can prevent the spread of blood borne diseases such as HIV and Hepatitis C which can be eventually fatal. It offers Overdose Prevention and Education so that drug users in this community are not dying from overdoses.

When: Muckleshoot Behavioral Health is now offering Needle Exchange Services starting January 22nd, 2016

Where: Exchange services are offered through a mobile site that operates every Friday from 2-4pm outside of Cedar Village in the Old Smoke Shop parking lot in the HWC Outreach Van.

Contact: Carol VanConett at Behavioral Health with any questions regarding Needle Exchange services at 253-804-8752



Health & Wellness Center

UPDATES!

Personal training appointments free for ALL Muckleshoot Tribal Members! 3 free if you are a paying member! Trainers will be available Saturdays!

Salt water conversion in the pool this fall!

Newer, Longer Saturday Hours!
Monday-Friday 7am-9pm
Saturday 8am-7pm

Stay tuned for a complete café remodel to serve you even better!

Trainer Erin: Book an appointment with her for Cardiovascular, Strength, HIIT, or Bodyweight training, Basic Physical Therapy, Stretching and Mobility, Pool Therapy and lots more!

Need to prepare or rehab from a surgery? Weight loss surgery, joint replacement, or do you just have aches and pains? Snag a session with our trainers! Set up appointments in the therapy pool! We can help you out!

Meet our newest employees!
For the first time two of our lifeguards are Muckleshoot Tribal Members!
Lead Lifeguard – Wayne Buchanan (MIT)
Lifeguard – Kallie West (MIT)
Front Desk – Brianna Carranza (MIT)
Manager – Caryn Avila (MIT)

Trainer Dave: Book an appointment with him for Strength, HIIT, or Kettlebell training, Kickboxing, Yoga, Stretching and Mobility, pool therapy and lots more!

We now offer guest passes! Muckleshoot's, come on in with your guest and check the place out!

NEW app to check you in when you come! Download the MindBody app and check us out!

Contact Info: (253) 333-3616

NOTICE:

The Feathered Healing Circle will meet on Wednesday at 5:00 PM – Cynthia Lozier

Relative & Foster Care Program
We Need YOUR Help to become a Licensed & Loving Safe Home for OUR CHILDREN
MIT Children & Family Services
MCFS Office Location: 39017 172nd Street SE, Auburn WA 98092
MCFS Main: 253-833-8782
Foster Licensor: Trudi Moses 253-876-3397 Cell: 253-880-8968 Director: Cynthia Ona 253-876-3396

WE ARE CONNECTED.
we need you here.
To GIVE help or GET help:
Call 911 if you or someone you know is in immediate danger.
Call the Suicide Prevention Lifeline: 1-800-273-TALK (8255).
Chat online at www.SuicidePreventionLifeline.org.
Text START to 741741 to chat via text. Visit www.wernative.org.
Talk to trusted elders, healers, friends, family, clergy or health professionals.
Talk to a Counselor @ Behavioral Health 253-804-8752 Family & Youth Services 253-333-3605
After Hours Crisis Line 1-866-427-4747 Crisis Line 206-461-3222 Suicide Line 1-800-794-2433 Teen Link 1-866-833-6546 (Evenings 6-10pm)
Northwest Portland Area Indian Health Board www.nwihb.org

Health & Wellness Center Program Hours

| | Pharmacy | Wellness Center | *Shuttle Service |
|-----------|---------------------|-----------------|------------------|
| Monday | 7-9 pm | 8-6 pm | 7 am-9 pm |
| Tuesday | 7-9 pm | 8-6 pm | 7 am-9 pm |
| Wednesday | 7-9 pm | 9-6 pm | 7 am-9 pm |
| Thursday | 7-9 pm | 8-6 pm | 7 am-9 pm |
| Friday | 7-9 pm | 8-6 pm | 7 am-9 pm |
| Saturday | | 8 am-7 pm | 10-2 pm |
| Sunday | All Programs Closed | | |

*There is no Shuttle/Bus service from 11-12 pm M-F.

| Program Name | Phone No. | Closed-Lunch |
|--|----------------|-------------------------|
| Main Number to HWC | (253) 939-6648 | 12:00-1:00 |
| Behavioral Health (Mental Health & Chemical Dep) | (253) 804-8752 | Open |
| Family & Youth BH Services | (253) 333-3605 | Open |
| CHS/Registration Office | (253) 939-6648 | 12:00-1:00 |
| Community Health/CHRs | (253) 939-6648 | 12:00-1:00 |
| Dental Clinic | (253) 939-2131 | 12:00-1:00 |
| Medical Clinic | (253) 939-6648 | 12:00-1:00 |
| Optical Clinic | (253) 735-2020 | 12:00-1:00 |
| Pharmacy | (253) 333-3618 | Open |
| Recovery House | (253) 333-3629 | Open |
| Shuttle/Bus Service | (253) 939-6648 | 11:00-12:00 Sat 10-2 pm |
| Wellness Center | (253) 333-3616 | Open Sat 10-2 pm |
| WIC Thurs Only | (253) 939-6648 | 12:00-1:00 |

Child Find Screening

What is a Child Find Screening?

Screening is a free check of your child's development—including:

- Large muscle development
- Eye-hand coordination (fine motor skills)
- Communication
- Concepts
- Personal-social skills, self help skills
- academic skills



What is the purpose of a Child Find Screening?

The purpose of the screen is to identify any factors that may interfere with your child's learning, growth, and development. The screening is also provided to help parents identify their child's strengths and weaknesses and provide home suggestions.

What happens during a Child Find Screening?

During the screening, your young child may stack small blocks, cut with a scissors, draw, count, name colors, jump, and have fun! For older children and teens it may include academic, social and emotional, communication screening. Following the screening, a trained professional will talk with you about the results of the screening. You will have the opportunity to ask any questions about your child's development. You may be given home suggestions, referred on for further testing, or be scheduled to have skills rechecked at a later date. The screening process usually takes about 45 minutes.

Who is eligible to be screened?

Any child, from birth through 21, whose family or care givers would like more information about their child's development. All school districts within Washington State have Child Find screenings available. If your family is living in a temporary situation, you may contact the district where you are staying to attend a screening.


Where can I go for screening?

For more information and to schedule a screening, please contact:

Muckleshoot Tribal School
Helen Feiger
Student Support Services Coordinator
15209 SE 376th St
Auburn WA 98092
253-931-6709 Ext 3700


Marty Laronal
Support Services Manager
Muckleshoot Early Childhood Education Center
15599 SE 376th St
Auburn, WA 98092
253-876-3056 Ext 3922

• Do you currently have Medicare Part A and/or Part B?
• Are you missing Part D—Prescription coverage?
• Or, are you 65 years old and need all three coverages?



Medicare Part D
Open Enrollment begins
Oct. 15th—Dec. 7th, 2017

Come in to see us at the Managed Care Department
Muckleshoot Health & Wellness Center
17500 SE 392nd Street
PH # 253-939-6648



The Truth About Domestic Violence

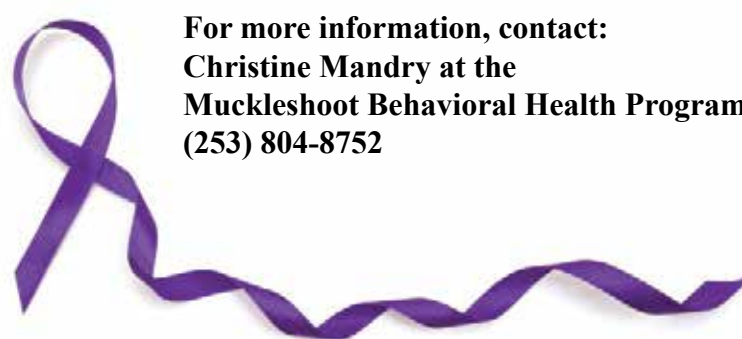
By: Christine Mandry, Behavioral Health Program Domestic Violence Advocate

October is Domestic Violence Awareness Month.

Domestic Violence isn't about anger or drugs and alcohol; it is about power and control. Domestic Violence impacts not only the physical health of those abused but also mental health.

Children who grow up in homes with domestic violence are more likely to become involved in domestic violence relationships as teens and adults. Domestic violence may cause several serious mental health issues such as anxiety, depression, and post-traumatic stress disorder for the survivors and witnesses of the abuse.

Together we can work towards building a domestic violence-free community.



HWC SPOTLIGHT: ERIK SIMONSEN, MANAGED CARE LEAD

Erik Simonsen has joined the team in the Managed Care department. Erik was born and raised in Washington. He spent the last three years working for the Washington State Health-care Authority as a Regional Eligibility Representative, spending this three year period stationed here at Muckleshoot Health and Wellness where he has gained valuable experience helping a high number of clients complete applications for health care and troubleshooting applications.



Prior to working with the state, Erik had almost 25 years of experience working for Group Health, having had multiple roles from chart runner to Health Plan Training Supervisor and Compliance Analyst.

Erik and his wife Jennifer have a son Brett and daughter-in-law Joell in Alaska and a daughter, Emma 13 and son Sam 11, who attend school in Auburn. Erik just completed a bachelor's degree at Northwest University. Erik and Jennifer like to spend time with family and go to Hawaii every chance they get.

6 Guidelines for choosing the best sport lenses!

-**Yellow** and **Orange** lenses help increase contrast and depth perception.



-The brighter the yellow, the better visual in low contrast and near-dark settings.

-A light purple lens is good for enhancing the orange of a clay target against a background of trees.



-Vermillion (Red) lens helps in situations where there is a varied background, such as trees, to help the target stand out.



-Gray lenses helps see targets exactly as they are. While gray lenses don't enhance the target, they do help reduce glare from bright sunlight.

-Polarized lenses reduce glare caused by sunlight reflecting off water and other flat surfaces, while enhancing outdoor vision.




JOIN US FOR OUR 4th
MINOR'S TRUST
Education Class
19 DEC
4:00PM

ADDRESS:
17500 SE 392nd St
Auburn, WA 98092

TOPIC:
Investing in Yourself

FOR MORE INFO: 253-876-3014
Wahleah Sheldon
Wahleah.Sheldon@muckleshoot.nsn.us

TAUGHT BY
PROVIDENCE
FIRST TRUST



Northwest Native American Basketweavers Association (NNABA)

Here are some photos, mostly by Sara Sam, of some of the activities at this year's NNABA Conference, hosted by the Puyallup Tribe.



John Daniels Jr. and daughter Lucia collaborate on weaving a hat.

PHOTO BY SARA SAM