



## FIT LIKE ME – TOBIAS CRUZ

*An interview with Tobias by our Public Health Fitness Program. Tobias has worked consistently to improve his overall health and wellness - a true inspiration to our team and community! Keep up the great work Tobias! Thank you for sharing your journey.*

### **What are your top tips for staying fit & healthy?**

*Being motivated – It's hard to do. It's okay to struggle. Try to make an effort at least once a week. Find one thing that makes you smile about making healthy choices.*

### **How do you think exercise affects our overall health & well-being?**

*Before I thought people exercised because they were crazy. Now, I feel less stressed. It affects your overall happiness. Give it time.*

### **What do you think is the best way to motivate yourself to stay active?**

*For me, on a personal level, someday I want to have kids and I want to be around for a long time for my grandkids. Make a game out of it and have fun!*

### **What do you think the benefits are of being physically active?**

*I can climb stairs more easily! You don't think that being active shapes your everyday activities, but it does. You look back and see how far you've come and that things used to be harder.*

### **How do you think your diet affects your health & fitness? What changes have you made?**

*Surprisingly, it affects it a lot. The few changes I have made are eating more fruit and I stopped drinking pop – I used to drink a gallon and a half a day. Now I drink body armor and lots of water, and some juices. I have started adding chia seeds on top of fruit salad. Slow and steady changes are the best!*

### **How has being physically active impacted your mental health?**

*Before I used to look at myself and think, why am I here? I never looked at myself positively. Now after making small changes – nothing major – I smile when I talk about myself or people notice something about me. Even though I am still an introvert, I am more confident in social interactions, mainly just being a goofball.*

### **How has being physically active impacted your stress?**

*Stress and depression go hand in hand. Now I know that working out and mental health go hand in hand. Find someone to talk to even for 5 minutes. Put your voice out there. Men are taught to hide emotions but not taught how to deal with everything thrown at you.*

### **How has being physically active improved your sleep?**

*I was diagnosed with sleep apnea 6 years ago. I have used a CPAP since then and exercise has helped improve my quality of sleep. If I fall asleep without my mask, I now wake up without a headache and can sleep more deeply. But I am still a night owl.*

FOR SUPPORT IN YOUR WELLNESS JOURNEY, CONTACT DREW RIVERA,  
YELLOWHAWK FITNESS TRAINER AT 541.240.8523

## Tribal Health Commission

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# CHILDREN'S MENTAL HEALTH DAY – MAY 7

Each year, National Children's Mental Health Awareness Day (May 7) seeks to raise awareness about the importance of children's mental health and show that positive mental health is essential to a child's healthy development. Mental health is an important part of children's overall health and well-being. Mental health includes children's mental, emotional, and behavioral well-being. It affects how children think, feel, and act. It also plays a role in how children handle stress, relate to others, and make healthy choices.

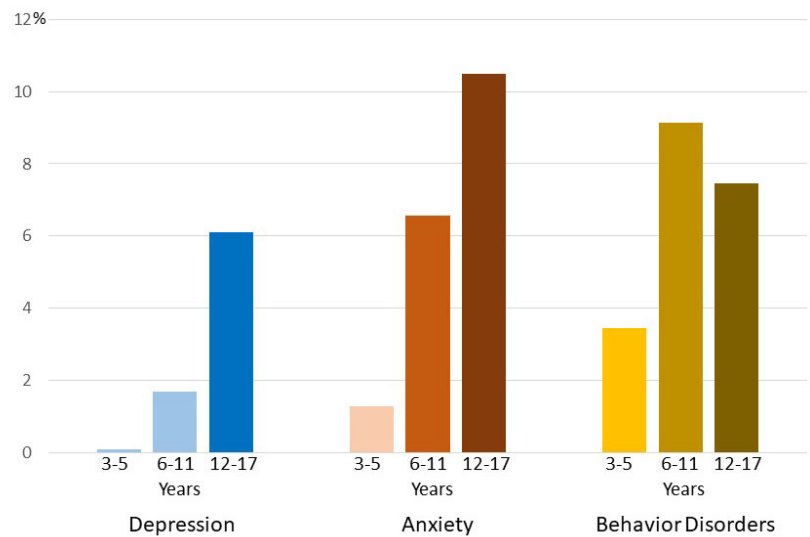
Traumatic events that contribute to mental distress in children may include interpersonal violence, natural disasters, child maltreatment, and witnessing violence toward others.

Many of the health disparities that affect AI/AN youth overall health also affect their mental health. While research is limited, available data suggest that AI/AN youth and adults disproportionately suffer from the burden of mental health problems and disorders. Risk factors contributing to poor mental health among AI/AN people include high rates of poverty, violent victimization, substance abuse, historical trauma, and lack of health insurance and access to appropriate mental health care to address these issues, among other factors. Today, the most significant mental health concerns for the AI/AN population are high prevalence of depression, substance use disorders, suicide, anxiety, and post-traumatic stress disorder.

Although children may seem resilient, exposure to traumatic events can lead to short-term and long-term effects on behavioral and physiological health. Children exposed to trauma may manifest a variety of behaviors and clinical conditions such as alcohol/substance abuse, post-traumatic stress disorder, depression, conduct disorder, and chronic health conditions. The number of children and youth in this country diagnosed with anxiety, depression, and other mental health conditions continues to rise. Between 2016 and 2020, the number of children and youth ages 3-17 years diagnosed with anxiety grew by 29% and those with depression by 27%, according to data from the HHS Health Resources & Services Administration (HRSA). In addition, National Survey of Children's Health found between 2019 and 2020, 21% more children were diagnosed with behavioral or conduct problems. We all can make a difference in reducing the harmful effects of child trauma and in helping our children to recover, heal, and move forward in life.

**If you or your child need help or resources, please contact our Behavioral Health Department at 541.240.8670.**

Depression, Anxiety, Behavior Disorders, by Age



Source: [www.cdc.gov/childrensmentalhealth/data.html](http://www.cdc.gov/childrensmentalhealth/data.html)

MAY 17 & 18, 2023  
10 AM – 1 PM



## TLAWXMAMIYÁY PRODUCE PLANTING

The Good Health and Wellness in Indian Country, Community Garden, Tlawxmamiyáy team is hosting a opportunity for produce planting. The days are open for all who are interested in planting, growing, and harvesting produce.

Participants will help with planting seeds and seedlings that will be grown, harvested, and distributed to the community.

Gardening gloves and hand tools will be provided for day use.

**COME ONE. COME ALL.**

Where: Yellowhawk Community Garden

Contact Adrienne Berry for questions or more information at 541.240.8575 or [AdrienneBerry@yellowhawk.org](mailto:AdrienneBerry@yellowhawk.org)



# PURCHASED REFERRED CARE (PRC) & PHARMACY COVERAGE



**Outside pharmacies should only be utilized when Yellowhawk is not available or when Yellowhawk cannot provide the medication.**

- Local Outside Pharmacies – Rite-Aid and Safeway
  - Wal-Mart is **NOT** contracted with Yellowhawk. Patients should avoid utilizing them.
  - If out of the area please contact PRC to set up arrangements for medication coverage.
- Always present insurance cards to the Pharmacy.
- PRC eligible patients are eligible to have outside medications covered.
  - "Prescriptive Health" – Member ID = patient Social Security Number
- If a PRC eligible patient pays for the medication, please provide a copy of the receipt to PRC staff within 7 days. They will work with the pharmacy for reimbursement as Yellowhawk does NOT issue reimbursements.
- PRC only covers medications within a set formulary.
- PRC does not cover over the counter medications.
- PRC must follow payer of last resort and alternate resource regulations.

**FOR QUESTIONS OR MORE INFORMATION PLEASE CONTACT PURCHASED REFERRED CARE AT 541.240.8739**



## HORSE MEDICINE & YOU

*Equine Therapy (K'usiinmi Tawtnukt) is a unique form of therapy that allows people to seek relief from mental health/substance use problems by spending time interacting and communicating with horses. Yellowhawk's Horse Medicine program involves engaging in various activities and tasks with a horse. This program is for individuals willing to develop a bond with horses in a therapeutic setting.*

*Participants will learn of the CTUIR history of horses, safety, the natural order, arena duties, observation of horses in different situations, the significance of the Sacred Exchange of Breath, how to lead as a group, group activities, and more. Facilitation of K'usiinmi Tawtnukt will be for individuals actively participating in Behavioral Health Services. Please contact your primary counselor for the necessary information and how to participate in this treatment plan.*

**Some items covered in the program curriculum include:**

- **CTUIR HORSE HISTORY**
- **HORSE SAFETY**
- **ARENA DUTIES**
- **HORSE ACTIVITIES**

**FOR MORE INFORMATION  
CONTACT US AT 541.240.8670**

## ATTENTION UPCOMING GRADUATES!

*Starting an exciting college life? CONGRATS! Please don't forget to add "ELIGIBILITY COORDINATORS" at Yellowhawk to your "to-do" list and ensure your coverage will continue. Contact Yellowhawk Eligibility Coordinators before you head off to your higher education destination by phone, email or stop by and update your contact information. If you're already at your college destination please call or send an email.*

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**Sharon Johnson, 541.240.8622**  
**SharonJohnson@yellowhawk.org**



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Remove your address by emailing:  
[info@yellowhawk.org](mailto:info@yellowhawk.org)



GO ELECTRONIC @ [YELLOWHAWK.ORG/NEWSLETTER](http://YELLOWHAWK.ORG/NEWSLETTER)



National Children's Mental Health Awareness

**MAY 5, 2023**  
**CHILDREN'S MINI POWWOW**

5 PM DINNER | LONGHOUSE

GRAND ENTRY TO FOLLOW

PRIZES FOR PARTICIPANTS | REGALIA NOT REQUIRED | ALL WELCOME TO DANCE!

**Join us!**

# CAULIFLOWER RICE TACO STUFFED PEPPERS

## INGREDIENTS:

- 4 large bell pepper, any color
- 3 cups riced cauliflower, thawed if frozen
- 1 teaspoon olive oil
- 1 pound lean ground beef, ground turkey or chicken will work as well
- ½ cup onion, diced
- 1, 8-ounce, can no-added-salt tomato sauce
- 2 Tbsp. taco seasoning
- 2-3 Tbsp. water (if needed)
- 1 cup shredded cheese of choice
- Optional toppings: sour cream, avocado, olives, cilantro, tomatoes, chives

## DIRECTIONS:

1. Pre-heat oven to 400 degrees F. Cut the top off of each pepper and scoop out all the seeds and white membrane. (Alternately, cut each pepper in half and remove seeds and membrane.)
2. For a softer pepper you can pre-cook the peppers. Either bring a large pot of water to a boil and place peppers in for about 4 minutes (Remove from water and place in ice bath to stop the cooking), or place peppers on baking sheet and bake for 15-20 minutes until tender.
3. Heat a large skillet and add olive oil and riced cauliflower. Saute until cauliflower is tender and beginning to brown, about 4 minutes. Remove cauliflower to separate bowl.
4. Brown ground beef in skillet for about 5 minutes. Add onions and cook another 5-7 minutes until meat is browned and onions are softened. Add tomato sauce and taco seasoning and mix well, let simmer 1 minute (add 2-3 Tbsp. water to the mixture if it dries out too much while simmering). Add riced-cauliflower and black beans; mix until combined.
5. Pack each pepper with about 1 cup filling (or fill pepper). Top each pepper with a sprinkle of cheese.
6. Add 1/3 cup water to baking dish if you have not pre-cooked the peppers. Bake peppers until mixture is heated through and cheese is melted, about 20-25 minutes.
7. Top with any additional toppings as desired. Enjoy!

Makes approximately 4 servings



For nutrition questions or additional recipe ideas, please contact Dusty Dressler, RDN  
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541.240.8524

