

Yellowhawk Community Health Center

2022 COMMUNITY REPORT

YELLOWHAWK TRIBAL HEALTH CENTER



50 YEARS **YELLOWHAWK**
TRIBAL HEALTH CENTER



YELLOWHAWK

TRIBAL HEALTH CENTER

Located on the Confederated Tribes of the Umatilla Indian Reservation, Yellowhawk Tribal Health Center is 7 miles east of Pendleton, Oregon.

Main Line: 541.966.9830 | After Hours Nursing Telephone Advice: **541.966.9830**

If you have a life-threatening emergency, call 911 or visit the nearest emergency room immediately. Other service providers available when Yellowhawk is closed are urgent care or walk-in clinics.

EMAIL US: info@yellowhawk.org • VISIT OUR WEBSITE: www.yellowhawk.org •    

Call/Text

988

Suicide & Crisis Lifeline

DIRECTORY

| | |
|----------------------|--------------|
| Behavioral Health | 541.240.8670 |
| Business Office | 541.240.8696 |
| Dental | 541.240.8698 |
| Lab & X-Ray | 541.240.8699 |
| Medical Appointments | 541.240.8499 |
| Medical Records Fax | 541.240.8751 |
| Optometry | 541.240.8565 |
| Pharmacy | 541.240.8691 |
| Pharmacy Refill | 541.240.8690 |
| Physical Therapy | 541.240.8462 |
| Public Health | 541.240.8697 |
| Transportation | 541.240.8525 |

For after hours assistance with a mental health crisis, please call **988** or **text HELLO to 741741** or contact Community Counseling Solutions at **541.240.8030**

PATIENT FEEDBACK

Yellowhawk strives to provide an excellent experience for all patients and visitors. We often request that patients take our Patient Experience Surveys at each visit so that we can determine if our care meets the highest level of standards.

Our Quality Improvement Program strives to reach out quickly when receiving feedback. If you have any concerns, comments, compliments or questions about your care and services at Yellowhawk, please contact our Quality Improvement Program: **541.240.8730** or patientfeedback@yellowhawk.org

PATIENT FEEDBACK SURVEY
www.yellowhawk.org/patient-feedback



Welcome



FROM THE CEO

To the patients of Yellowhawk Tribal Health Center (Yellowhawk) and the Umatilla Indian Reservation community; I am proud to showcase the hard work our staff has completed for 2022 through our 2022 Community Report. Yellowhawk and the Health Commission have long been committed to improving the health and well-being of our People.

A 2022 highlight was being able to complete the 2021 Community Health Assessment. I would like to personally take this time to thank those that worked tirelessly to conduct the survey that resulted in this comprehensive assessment and thank the respondents. The goal of the assessment was to identify the major health challenges facing our community, as well as to identify areas where we can make improvements in our healthcare delivery and community resources. I am pleased to report that the assessment found many positive outcomes regarding our community health. For example, we have a relatively low rate of chronic disease compared to other communities in the region. Our community also has a strong network of community organizations and resources that support healthy living and wellness. However, the assessment also identified some areas where we can improve. For example, we have a higher-than-average rate of mental health challenges, particularly among our youth. We also have limited access to certain healthcare specialties, which can make it difficult for some members of our community to get the care they need.

To address these and other issues, Yellowhawk and the Health Commission are committed to working together to create a comprehensive plan for improving our health and well-being. This plan will be based on the findings of the assessment, as well as input from community members and healthcare experts. I look forward to sharing more about how our Yellowhawk team will be addressing these needs in 2023.

Again, I would like to thank the Yellowhawk team for their work in 2022, and I want to thank all of you for your continued commitment to our community's health and well-being. Together, we can make the Umatilla Indian Reservation an even healthier and stronger community.

Aaron Hines, CEO
Yellowhawk Tribal Health Center

FROM THE TRIBAL HEALTH COMMISSION

On behalf of the Tribal Health Commission, we are pleased to share with you the Yellowhawk Community Report for 2022. Thank you for taking the time to review it, and please use it to assist you in your personal health goals. We refocused on the services to our patients, post-Pandemic. The pandemic exposed where we can improve, and as we gradually reopened, patient awareness in regards to the variety of services Yellowhawk offers, expanded. In 2022, we rearranged a few programs and established a new department, Allied Health Services. We increased funding for more providers, and began streamlining our referral processes. It is our goal that these modifications will improve access and awareness of services, but also expand quality of care, while enhancing community engagement. The Health Commission is proud of Yellowhawk staff members for their continued hard work and dedication to achieving our vision and mission. After reviewing this report, we hope our community will feel a sense of reliability that the Health Commission listens to community input and staff to ensure quality and professional healthcare services will be delivered at Yellowhawk Tribal Health Center. We strive to be the provider of choice for you and your family.

Althea Huesties-Wolf; Kimoynew, Chair, Tribal Health Commission

2022 HEALTH COMMISSION



Althea Heusties-Wolf
CHAIR



Denise Wickert
VICE CHAIR



Dara Williams-Worden
SECRETARY



Shawna M. Gavin
MEMBER



Robin Turk
MEMBER



Dorothy Cyr
MEMBER



Sandra Sampson
BOT REPRESENTATIVE

Core Values



Our Vision

Our Tribal Community achieves optimal health through a culture of wellness.

Our Mission

Empower our Tribal Community with opportunities to learn and experience healthy lifestyles.

Medical

Yellowhawk's Medical Department practices a patient-centered medical home model of care. This care model means that each full-time provider has a team of Certified Medical Assistants, Registered Nurses and Pharmacists. Each team member has different responsibilities to support the patient. Patients benefit from enhanced collaboration and access to care in our integrated care system. Three full-time primary care providers allow Yellowhawk a holistic approach to patient care where integration of services is necessary to provide resources and support to our patients.

Women's Health Care

In mid-summer 2022 our part-time women's health provider, Dr. Wujek, retired. In an effort to collaborate care with women's health providers in our local community, an agreement was established to have providers from Pendleton join Yellowhawk on a part-time basis. With this relationship, continuity of care is achieved, leading to improved outcomes with prenatal and postnatal care of our patients. In late 2022, Dr. Daniel Kaminsky was on-boarded as a part-time provider. Our women's health team provides a full scope of services that includes preventative care and screenings, family planning, prenatal and postpartum care.

Behavioral Health and Chemical Dependency

Behavioral Health and Chemical Dependency therapists are continually integrated into the Medical department when patients require or seek acute and urgent services at the time of their primary



care visit. Our therapists work with primary care providers to ensure patient-focused care.

Community Health Representative (CHR)

In efforts to address high blood pressure or hypertension in our community, primary care providers referred patients to the self-

monitoring blood pressure program (SMBP) managed by the Public Health Department.

A Public Health Community Health Representative (CHR) was available in the Medical Department to provide information about the program and if the patient agreed, the CHR evaluated and coordinated the support the patient needed.

Follow the historic timeline to learn how Yellowhawk came to be 50 years strong!

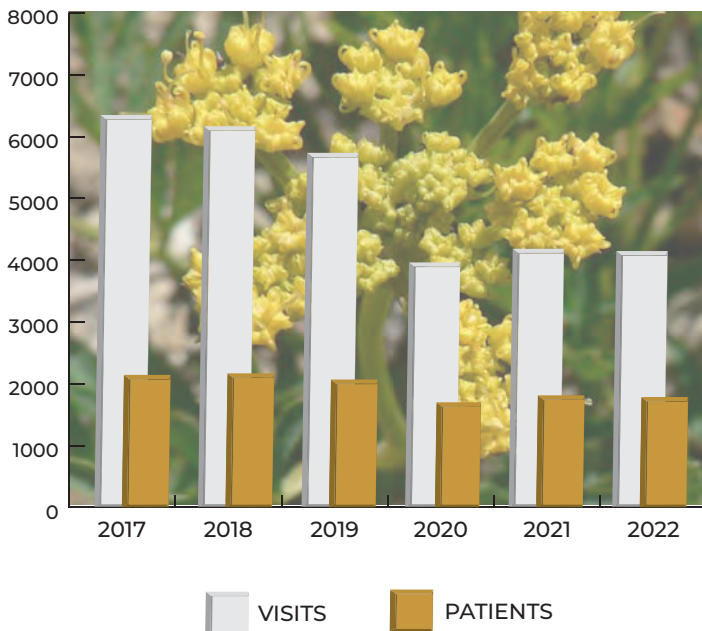
1492

Ships containing European settlers begin showing up in the New World in droves.



Medical

MEDICAL DEPARTMENT VISITS & PATIENTS PER YEAR



Smarter CRC

We continue to collaborate with the SMARTER CRC program to deliver outreach for colorectal cancer screenings. Nursing staff have an integral responsibility in case management. Identifying cancer at an earlier stage provides important information to better treat our patients and prevent secondary cancers.

CHA/P Training

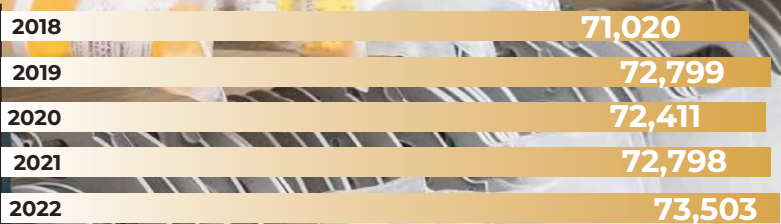
Staff were able to visit Community Health Assistant/Practitioner (CHA/P) training centers in Nome, Bethel and Anchorage, Alaska, which helped us understand the training process and the scope of practice. CHA/P planning and implementation is a program well established in Alaska to meet the health care needs of Alaskan Natives in remote villages. Community members who become a CHA/P are trained to assess and provide urgent, emergent and chronic disease care. Although our health care needs differ from Alaska, this model of care can be utilized to extend services at Yellowhawk.

PHARMACY

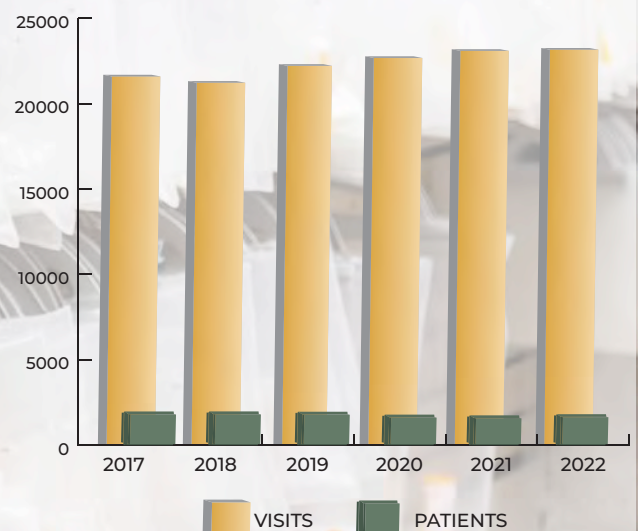
Prescription Volume

Prescription volume has continued to increase over the past few years. Compared to 2018, prescription volume increased a total of 3.5% over time.

PRESCRIPTIONS FILLED ANNUALLY



PHARMACY VISITS & PATIENTS PER YEAR



Medical

PHARMACY

Chronic Disease Case Management

Since 2019, Yellowhawk's clinical pharmacists have expanded the Pharmacy Chronic Disease clinic to see 180 patients with diabetes, high blood pressure and other chronic health conditions. One of the primary goals is to help patients achieve proper control of their blood sugars and prevent long-term complications of diabetes. A large part of this success has been the addition of continuous glucose monitors, like Freestyle Libre™ to improve the patient's ability to self-monitor blood sugars at home.

At the end of 2022, nearly all patients seen in our clinic had achieved a reduction in hemoglobin A1c levels. More than half (53.3%) achieved good glycemic control (hemoglobin A1c levels less than 8.0). Of these patients, 35% had achieved ideal blood sugar control (hemoglobin A1c levels less than 7.0).



In August, one of our pharmacists, Anna "Cappie" Allen, became board-certified in advanced diabetes management by the Association of Diabetes Care & Education

Specialists (ADCES). This certification allows our community increased availability to resources. A diabetes care and education specialist works with patients to develop a management plan that fits their lifestyle, beliefs and culture. They help patients understand how to use devices like meters, insulin pens, pumps and continuous glucose monitoring devices; and use the information from these devices and their lifestyle, to identify patterns and



opportunities for improvement. We work together with the patient to find solutions to address their most pressing challenges. Diabetes may not have a cure, but people can manage it and live well.

Pharmacy Technician Apprenticeship Program

Yellowhawk Pharmacy welcomed our first Pharmacy Technician Apprentice for on-the-job training. The 18-month program provides practical experience as well as supervised workbook assignments. Candidates will be eligible for state licensure and national certification as a Certified Pharmacy Technician (CPhT).

➡ ➡ ➡ **1700s**

A tribal man from Chief Yellowhawk's Walla Walla camp was seen by a Western Calvary physician and set off tribal reliance on Western Medicine through the government "Trust Responsibility."



Medical

LAB & X-RAY

2022 allowed our laboratory to purchase a Tosoh G8 Automated Glycohemoglobin Analyzer (G8). Glycohemoglobin or hemoglobin A1C, is regularly performed to diagnose and monitor diabetes mellitus. The G8 instrument uses high performance liquid chromatography (HPLC) procedure to allow for faster analysis, increased accuracy and linearity, and multi-patient sampling. The G8 replaces the smaller DCA point of instrument that tested one sample at a time. This will allow for an increased number of samples and quicker results for patients.

The laboratory continues to refine the process of testing for respiratory viruses including RSV, COVID, Influenza A and B, and also added Strep A to our PCR testing protocols. The combination of Abbott and Cepheid instrumentation allows for rapid testing and result reporting to our medical providers, allowing for quicker results, diagnosis and treatment for our patients.

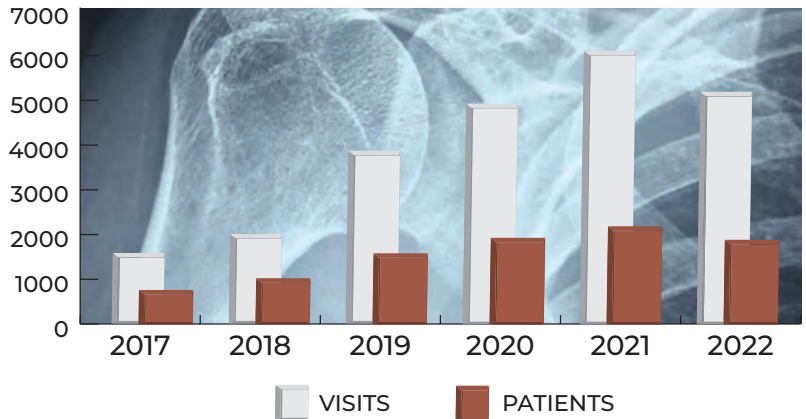
Our lab partners worked with the medical team to provide the occult blood testing and result reporting for the SMARTER CRC Program which screens for colorectal cancer for eligible patients.

We were pleased to welcome Medical Technology Interns from Heritage University in Toppenish, WA. Each year, six students rotate through our lab for two weeks each to learn urinalysis, chemistry, phlebotomy, and get a taste of small laboratory experience and rural medicine.

Beginning in March of 2022, patients were able to utilize our in-house ultrasound service - full time! This position offers quicker access and results to our patients and allows more orders to be fulfilled. Ultrasounds typically ordered in 2022 were abdominal, aorta, breast, carotids, arterial and venous doppler, OB, gallbladder, pelvic, renal, scrotum and thyroid. Offering this full-time, in-house service is another step to our wrap-around-care for patients.



LAB & X-RAY VISITS & PATIENTS PER YEAR



Public Health



ADMINISTRATION

Yellowhawk's Public Health Department (PHD) is accredited through the Public Health Accreditation Board (PHAB). In obtaining accreditation the PHD has shown that it is prepared to provide the highest level of public health services to the CTUIR community. These services include disease prevention, health promotion, maternal/child wellness programs, Elder care services, including the Nicht-Yow-Way Senior Center, communicable disease control, health equity and culturally appropriate outreach programs.

Community Health Assessment 2021



During the summer of 2022 the PHD launched a CTUIR-wide emergency preparedness campaign. PHD also finished the first CTUIR-only Community Health Assessment, and successfully rolled out new and returning post-COVID-19 prevention campaigns and programs. Some of these include the return of the Fun Run, a new Diabetes Support Group, Senior Center Fitness classes, Self-Monitored Blood Pressure Program, various health promotion distributions, and a multi-program campaign for Men's Health Awareness Month in June.



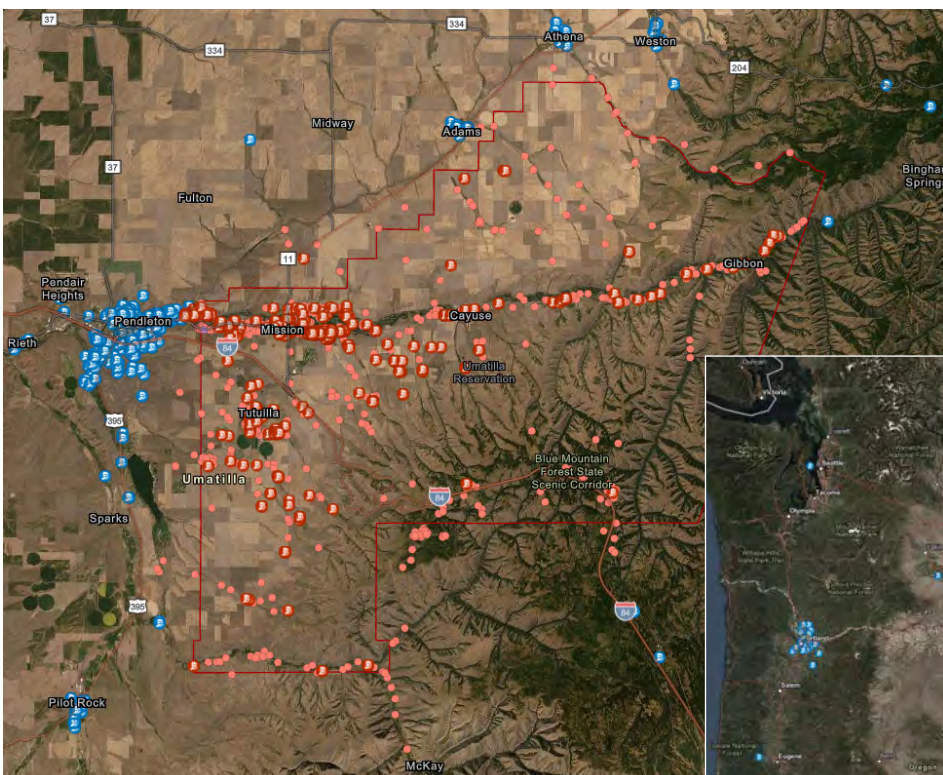
The Public Health Department's CTUIR-wide emergency preparedness campaign provided nearly 1,500 emergency kits to the community and developed a comprehensive Incident Command Booklet.

1 Person Kits Distributed

EMERGENCY KIT CONTENTS

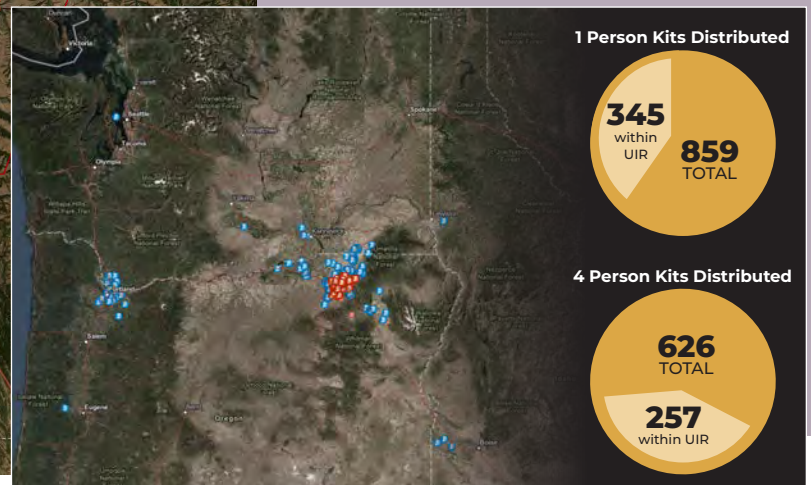
1 and 4 Person Kits Offered *(supplies are per person)*

- Standard Emergency Backpack
- Emergency Survival Blanket
- Mainstay Emergency Drinking Water Pouch (4.22oz x6)
- SOS Emergency Food Ration (2400 Calorie)
- Hand-Squeeze LED Flashlight
- Emergency Whistle with Carabiner - 125db
- Face Mask - Flat, 3-Ply with Ear Loop
- Waterproof Poncho - Adult Size



EMERGENCY KITS

● CTUIR Distribution ● Off Reservation Distribution



1800

Awareness that health programs on the Umatilla Reservation assume full responsibility for health care in a cultural and traditional context.



Public Health



October Night Glow Walk
for Breast Cancer Awareness month

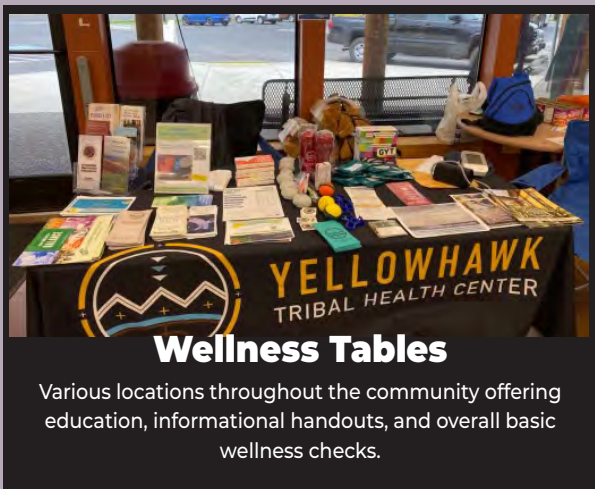
100+ participants



Handwashing Week (December)

CHRs visited Cay-Uma-Wa Day Care and Nixyaawii Community School to teach best handwashing practices

49 encounters



Wellness Tables

Various locations throughout the community offering education, informational handouts, and overall basic wellness checks.

OPERATIONS

As Public Health Nurses (PHN), Community Health Representatives (CHR) and COVID Support Technicians (CST) continued to respond to the community's needs and disease rates, we also were making preparation to go into recovery phase with the rebuilding of programs and policies. This was successfully kicked off in June for Men's Health Month.

As the debut community event, Men's Health Month was a success with community members participating in softball, basketball, bike rides and other wellness events and outreach opportunities. As we were able to increase events, our Public Health team was able to get out into the community and visit patients. This program has seen radical shifts in the work load and scope since the pandemic. With the re-opening of programs, we have set up tools to measure the success of programming efforts in order to provide increased opportunities for the community.

The Tribal Tobacco Prevention Program Coordinator position is funded by the Tribal Tobacco Prevention Program (TTPP). This new full time position is responsible for the coordination of coalitions, policy development, and tobacco cessation and health promotional opportunities. This program will work closely with our Pharmacy team on tobacco cessation in our community. In 2022, TTPP was able to provide support through a variety of outreach efforts at community events, sponsorships and program promotion.



Public Health



WIC | NUTRITION FITNESS DIABETES PROGRAM

This team includes Women, Infants and Children (WIC), Nutrition, Fitness and the Special Diabetes Program for Indians (SDPI). The Diabetes Program is a service geared toward prevention, education and support.

Women, Infants and Children (WIC)

An income-based supplemental nutrition program. WIC provides healthy foods, nutrition education, breastfeeding education and connections to community resources. WIC participants were eligible to receive Farmers Market coupons for seasonal local produce and also able to partake in nutrition classes.

Nutrition

Our clinic Registered Dietitian Nutritionist (RDN) worked with nearly all of our patient outreach and education programs this year. Medical, Senior Center and community outreach are frequent avenues to provide education, support and guidance. Healthy cooking classes and nutrition education demonstrations were offered monthly to all age groups and families eligible for Yellowhawk services.



Fitness

Keeping up with our Yellowhawk Mission Statement to empower our community with opportunities to learn and experience healthy lifestyles, our Certified Personal Trainer offers various fitness opportunities. Through positive coaching and support, individuals of all ages and physical abilities are welcome. In 2022, our trainer was able to offer small group settings, one-on-one sessions and larger classes. Community members were able to achieve fitness goals including improved balance and flexibility, increasing muscle endurance, cardiovascular strength, and lowering body mass index..

1855

The services of the physician to the Umatilla Tribes was one of the provisions of the Treaty of 1855, which ceded major portions of North-eastern Oregon and Southeastern Washington to the U.S. government.



Public Health



Group Fitness at Nicht-Yow-Way Senior Center

Strength and resistance training primarily while seated. July to December

41 fitness encounters

(CTUIR Elders and community members)



Breastfeeding/Chestfeeding Event

Outreach on Indigenous Pink Day for breastfeeding resources and breast cancer information to the community. Individuals shared baby-feeding stories to acknowledge the journey of parenthood. Hand-written baby-feeding stories were displayed

35 encounters,
including 6 dads

CTUIR WIC Program

77

participants monthly



Mother's Celebration

Multi-generational gathering of caretakers to celebrate motherhood

17

encounters

Farmer's Market Shuttle

(Pendleton) – Increased access to healthy foods by providing transportation to Elders and families.



Cooking Classes

(May) collaboration with OSU Extension to provide 44 ingredient kits for participants to cook along virtually with Indigenous Chef Nephi Craig. An in-person option was offered for additional hands-on cooking skills and instruction. Cooking classes offered throughout the year

41 encounters



Fitness Classes

A combination of strength training and high-intensity interval training for CTUIR community and patients

198 fitness encounters

Public Health



Diabetes Awareness & Screening Fair

(November)

“Diabetes Bingo” included fasting glucose readings, blood pressure checks, healthy recipes, diabetes risk tests, and diabetes prevention and management handouts

35
encounters

DIABETES PROGRAM

The multidisciplinary Diabetes Team provides patient care, prevention initiatives, outreach and self-management education for patients with diabetes and those at risk of diabetes. In May, the team began offering a monthly diabetes support and education opportunity for community members to learn about diabetes topics while gaining peer support. Year-round, the National Diabetes Prevention Program was offered to the CTUIR community to help prevent Type 2 diabetes by utilizing evidence-based interventions that focus on lifestyle changes including healthy eating and increased physical activity.

According to Yellowhawk’s 2021 Community Health Assessment, 19% of adults (18 years and older) reported a diagnosis of prediabetes and 18% reported a diagnosis of diabetes.

In the fall of 2022, we consulted with a Nez Perce language teacher to help create a phrase that reflects the mission to provide opportunities to improve quality of life. The term “Waq’iśáawit” means Healthy Way of Life. The Diabetes Program staff collectively designed a graphic that includes cultural values such as traditional first foods.

The Diabetes Program’s fifth cohort completed the year-long **Diabetes Prevention Program** with four participants at a **90% attendance rate**.

In 2022, the Special Diabetes Program for Indians (SDPI) grant was awarded for 2023-2028 cycle.

Staff will continue to provide high quality care and diabetes treatment and prevention services to the CTUIR community.

With funding from the Good Health and Wellness in Indian Country grant, the Diabetes Team selected two individuals to share their specific wellness journey. These testimonial videos are played in the patient lobby areas, on social media and on the Yellowhawk YouTube channel to increase awareness of diabetes and to highlight the successes of these individuals.

WATCH LLOYD AND THOMAS’ TESTIMONIAL VIDEOS:



Lloyd's Story

“Life isn’t perfect, but I’m on a great journey of wellness”

- Lloyd Commander



Thomas's Story

Late 1800s

There is little information regarding the health history of the Confederated Tribes between 1855 and the turn of the 20th century. Traditional practices such as sweat house and Koush Koush were used to heal tribal members.



Public Health



GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY

The Centers for Disease Control and Prevention (CDC) launched Good Health and Wellness in Indian Country (GHWIC) grant in 2014. Yellowhawk continues to implement the program and in 2022, the team expanded to serve our community further. GHWIC operates on a 5-year cycle, Yellowhawk is currently in performance year 4 of 5. The purpose of this grant is to provide financial aid to Yellowhawk with the overall objective of diversifying prevention efforts related to obesity, Type 2 diabetes, heart disease and stroke within the Yellowhawk service area. This grant currently funds the following programs within the Public Health Department: Tlawxmamiyáy (community garden), Pinášukwat (self-measured blood pressure program), Diabetes Prevention Lifestyle Change Program, and physical wellness programming.



Tlawxmamiyáy *(community garden)*

2022 is the third year of GHWIC, Tlawxmamiyáy expanded programming by partnering with the Nicht-Yow-Way Senior Center. Summer 2022 allowed the team to incorporate fresh produce from the garden into the weekly Senior Center menu. The collaboration also provided homebound seniors with fresh produce. 1,785 pounds of produce was distributed to the community!

Pinášukwat “Knowing Yourself” *(self-measured blood pressure program)*

Implementation and reintroduction of the Million Hearts Self-Measured Blood Pressure Program (SMBP) was the most successful work product during 2022. In collaboration with our Public Health clinical team, we made tremendous progress in providing team-based care to patients with or at risk of high blood pressure and/or high blood cholesterol.

During January and February the Pinášukwat framework was designed and a pilot program ran during March. After the pilot program concluded, the Pinášukwat team assessed the

program’s effectiveness, strengths and areas in need of improvement prior to integrating the program into Medical in September.

Diabetes Prevention Program

Yellowhawk increased the number of community members at high risk for diabetes enrolled in CDC-recognized Type 2 diabetes prevention programs offered in AI/AN communities from 8 in the second year of GHWIC to 12 in the third year of the program.

Physical Wellness Opportunities

The 40th Annual Yellowhawk “Soaked Summer” Fun Run Event was held in July, with 138 registered participants.

Summer Safety Fair

The Public Health Department was able to expand the reach of our health promotion and community engagement efforts by incorporating a Summer Safety Fair. The following educational booths were provided: Heat/Sun Exposure, Water Safety, Recreation & Air Quality, General Summer Safety, Pet Safety, and Public Safety.

Public Health



Members of the Pináshuk^{wat} team (left to right): Montia Raboin-Smith, Shelly Minthorn, Lynette Minthorn, Judith Burke, Adam White, Lindsey Coiner, Austin Ancheta, and Leah Harris. Not pictured: Theodore Cone

Pináshuk^{wat}

GOAL:

Increase number of patients living with high blood pressure and/or high blood cholesterol who are engaged in self-management and treatment programs by **10%** in 2022.

RESULTS:

2021 - 5 patients | 2022 - 25 patients



Produce distribution at 2022 Treaty Day Celebration

Tlawxmamiyáy

GOAL:

Increase the number of people who have access to fresh produce by **12%** in 2022.

RESULTS:

2021 - 491 people | 2022 - 531 people



"Soaked Summer" Fun Run

Physical Wellness

GOAL:

Increase the number of people using safe and accessible places for physical activity by **7%** in 2022.

RESULTS:

2021 - 42 people | 2022 - 69 people



Diabetes Health Fair

Diabetes Prevention

GOAL:

Increase the number of people enrolled in CDC-recognized Type 2 diabetes prevention programs by **6%** in 2022.

RESULTS:

2021 - 8 people | 2022 - 12 people

1900

Health services for the needs of American Indian and Alaska Natives in the United States were first provided through the Department of War.



Public Health

YELLOWHAWK INDIGENOUS PROJECT LAUNCH (ILAUNCH) AKA ÁTAWIŠAMATAŠ HOME VISITING PROGRAM

Yellowhawk's Indigenous Linking Actions for Unmet Needs in Children's Health (ILAUNCH) is a program to promote the wellness of Tribal families and children from birth to age 8 by addressing the behavioral, cognitive, emotional, physical and social aspects of their development. The program focuses on connecting patients to all available resources and programs to achieve personal goals.

ILAUNCH welcomes first time moms and families with young children, offering one-on-one parenting education, support and classes.

- The ILAUNCH Home Visiting program (Átawišamataš Home Visiting) uses the evidence based, John Hopkins Family Spirit curriculum for birth to 3 years of age.
- Positive Parenting Program (Triple P) is taught to parents with children 4-8 years of age.

In the early months of 2022, due to the high risk of COVID-19, we were still providing virtual outreach to our community to limit risks for mothers, infants and their families. Staff were limited on accessing patients and followed patients' discretion on allowing staff into their homes.

Three "Safe Sitter" Classes at Wildhorse Resort & Casino were completed with **30** participants.

Heart Health Collaboration in February distributed approximately **100** bags to the community.

The Great Pumpkin Giveaway in collaboration with CTUIR Child Support, gifted over **300** pumpkins to our community for Halloween.



At the Children's Mental Health Awareness Day Mini Pow-Wow, we had approximately **200** in attendance and completed **40** community surveys.

Restarted our Home Visiting program with a new staff trained in the Family Spirit Home Visiting curriculum, provided by John Hopkins.

Program Manager attended a Doula training workshop to become state certified as a Doula.



Dr. Seuss Themed Family Engagement Literacy Night in collaboration with Optometry had **20** families in attendance for a total of **60** participants. Staff provided books, pencils, notepads, stickers, bookmarks, and photos, along with completing **13** vision screenings for children.

Mother's Day Gardening Kit distribution provided **50** gardening kits to the community in collaboration with the garden program.

Field Trip collaboration with Cay-Uma-Wa provided dental care, story time and fun activities for **24** students.



During Men's Health Month, ILAUNCH facilitated a Hand Drum making class with **10** participants.

Public Health



NICHT-YOW-WAY SENIOR CENTER

2022 brought many changes at the Senior Center (SC), and with the loss of many Tribal Elders who frequently stopped in, it left our staff missing them. Staff persevered daily and August brought a change of management at the SC. We thank the former manager and commend all the work that was done to keep the SC moving forward during the Pandemic.

Staff created a warm and welcoming environment for all Tribal Elders, community members and Elders frequenting the SC through continuous smiles, laughs and assistance when needed. Staff provided dine-in meals, meal delivery services to those homebound and disabled, and case management.

Case management through the SC ensures home safety, coordination of Elder health benefits, and a review of various Elders living at home needing services. Ramps, safety bars in restrooms, assistance with accessing the proper program necessary to fulfill the Elder's needs were just some of the services that SC staff helped coordinate. Partner organizations like, Native American Commodity Food Program, Community Action Program of East Central Oregon (CAPECO), Aging and People with Disabilities (APD), CTUIR Department of Children and Family Service (DCFS), CTUIR Housing Program and Yellowhawk's Tribal Navigator and CTUIR Veterans programs, are all involved with our case management and when needed, are informed of situations to ensure an Elder's living space is as comfortable as possible. As a part of the program, a multidisciplinary team coordinates overall Elder care services.



Assisted DCFS with their food distribution from the Longhouse, which delivered 25 homes food boxes, cleaning supplies, COVID safety items, while making deliveries to the homebound around the community.

Homebound meal deliveries
500 monthly

A crafting area was set up by the Elder's group to make necklaces, beads and other crafting items.

Elders gathered for updates on community events, attended Elder's Advisory Group meetings, and various other meetings or activities provided by staff or partnering agencies.

25 Veteran food boxes were provided monthly through the American Military Encouragement Network, which also provided holiday meals and coats for the community.

In November, Yellowhawk introduced weekly "Weaving Tuesdays."

1930

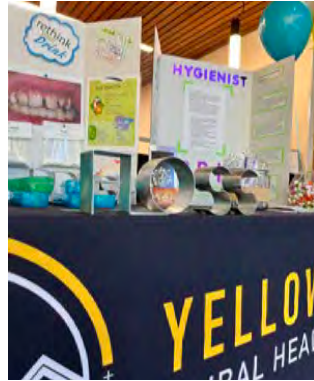
Local Pendleton physician Dr. Feves agrees to contract with the Bureau of Indian Affairs to provide health care to the Umatilla Tribes. The Umatilla Tribe's Health Commission was established.



Dental

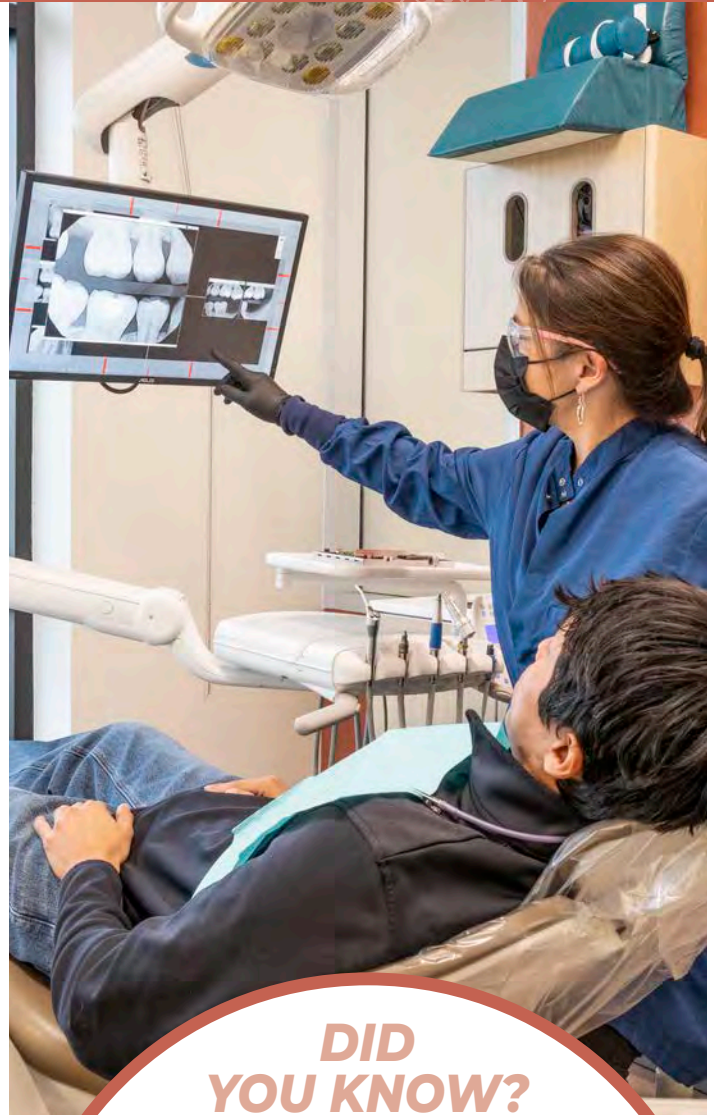
Yellowhawk Dental continued quality care improvement while updating our facility with state-of-the-art sterilization, materials, and equipment. Participation in community and clinic events were a highlight where our team was able to promote outreach and education for dental care.

Staff participated in Yellowhawk's Annual Career Fair, exposing our youth to careers in the dental field and visited HeadStart and Cay-Uma-Wa daycare to provide free screenings and apply fluoride varnish. Our team collaborated with various departments and Tribal entities in providing toothbrushes and oral hygiene supplies for distribution and community events.



Being fully staffed means we can focus on meeting the needs of our community. 2022 allowed us to hire two experienced Expanded Functions Dental Assistants, one full-time Dentist, one part-time Dentist and three Dental Assistant trainees. The trainee positions are designed to eventually become Certified Dental Assistant's in a hope to create an opportunity or pathway for Tribal members to gain insight into a health care career.

The 2022 orthodontic program was able to help a total of 20 patients receive orthodontic care. This program exceeded the projected amount and is a huge improvement from previous years, where we were only able to help 10 patients per year.



DID YOU KNOW?

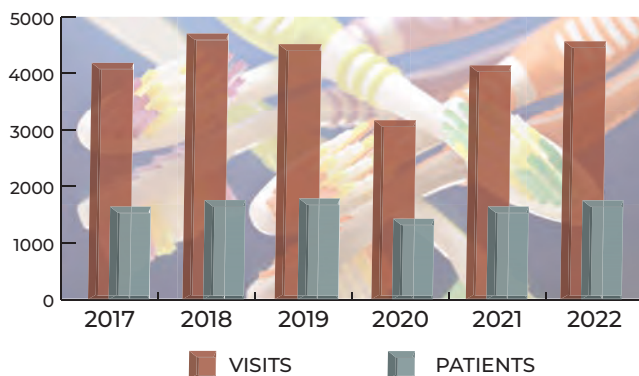
ELECTRONIC TOOTHBRUSHES

- Remove **3x more plaque** than regular brushing
- Are **easy to use** and help to build a routine
- Are **rechargeable** which reduces waste
 - Often last more than **7 years**

WATER FLOSSERS *(using a jet of water to clean)*

- **96%** of inconsistent flossers continued to use electronic flossers four or more days per week
- **95%** of inconsistent flossers who tried electronic flossers said it was easy to use
 - **89%** said it was easier to use than string floss

DENTAL VISITS & PATIENTS PER YEAR



Allied Health Services

Allied Health Services Department was created in 2022 in order to increase capacity for community programming. Physical Therapy, Optometry, Audiology and Transportation are based within this new department. Administration was able to add multiple new positions such as a Director, Administrative Assistant, and additional transporters in order to fulfill the needs of our community and growing staff. With the newly formed department, patient satisfaction surveys were designed for quality improvement within each program to identify gaps and decrease risks based on survey results. Staff continued working with CTUIR Vocational Rehabilitation staff to improve access and quality care for our deaf, blind, and physically impaired patients.



AUDIOLOGY

37 referrals were made to outside audiologists*

**Human Resources and Allied Health Services are actively recruiting for this internal position.*

OPTOMETRY

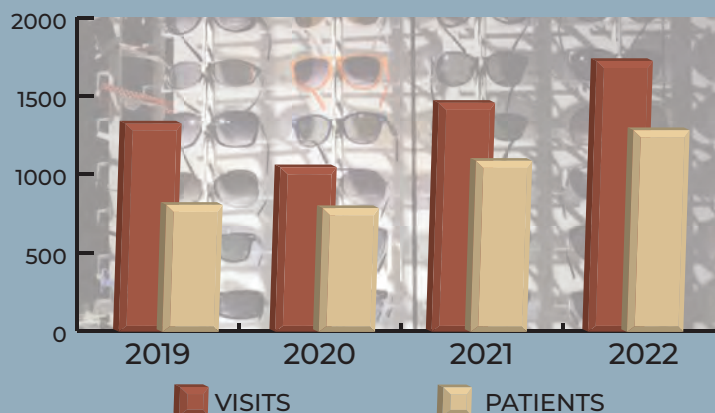
Optometry was thrilled to be able to hire a full time, permanent Optometrist and we are proud to say, Yellowhawk employs the only Confederated Tribes of the Umatilla Indian Reservation Tribal Member Optometrist, Dr. Jerad Crowell.

Staff were able to secure a new vendor for contact lenses, Nassau Vision Group, affording patients an extended range of higher need prescriptions to be filled, and use any trial contact lens manufacturer in the United States. This allows us to increase availability and selection for our patients.

During November, two new externs began their externships with optometrists as preceptors. New students revolve every three months in the department. This program is offered as a cultural competency component to requisite completion as the last step before they become graduate optometrists.

On three dates in August, Head Start Physicals were offered, opticians decorated and welcomed students for a walk through and eye exam.

OPTOMETRY VISITS & PATIENTS PER YEAR



Optometry Highlights

- January 1, 2020 to December 31, 2022, Optometry saw **1925 patients out of a 4115 active patient base (46.7%)**
- Increase diabetic patient appointments from **43% to 60%**
- Patient outreach completed to those that were 2 years overdue to invite them to make an appointment
- Achieved **82%** of Retinopathy assessments which is well above the 51.4% national average

DID YOU KNOW? Retinopathy is the leading cause of preventable blindness. It is caused by damage to the blood vessels of the light-sensitive tissue at the back of the eye (retina). **Symptoms of retinopathy:** blurred vision; a sudden shower of black “floaters” (black or grey specks or strings) in your vision.

1949

The written constitution and by-laws of the Confederated Tribes of the Umatilla Indian Reservation are approved by the Secretary of the Interior

UNITED STATES
DEPARTMENT OF THE INTERIOR
BUREAU OF LAND MANAGEMENT
CONFEDERATED TRIBES OF THE
UMATILLA INDIAN RESERVATION
IN OREGON

Allied Health Services

PHYSICAL THERAPY

February, we welcomed the new Physical Therapy program, opening with a “soft opening”, meaning serving only our internal referral patients. To accommodate this service's growth, Physical Therapy recruited additional staff. As a new program we were able to purchase a variety of high-tech equipment to ensure the success of our program and high quality patient care.

In less than one year of this service, our staff have treated **767** patients and conducted **1,539** physical therapy sessions.



TRANSPORTATION

Transportation service became its own program in 2021 and celebrated one year of operation in October 2022. Due to the increased demand from our community, our Transportation program was able to hire three additional transporters, for a total of five. We are anticipating helping more patients that are being transported to medical appointments in this second year.

Transportation staff completed training for Greater Oregon Behavioral Health Incorporated (GOBHI) using the A Contact Center software platform. This software will be implemented and then will allow our staff easier access and tracking of our transports. Yellowhawk has been working with GOBHI to become a subcontractor that will enable our transportation team to offer improved scheduling for our patients. All staff in Transportation will have all of the necessary training and certification from GOBHI.

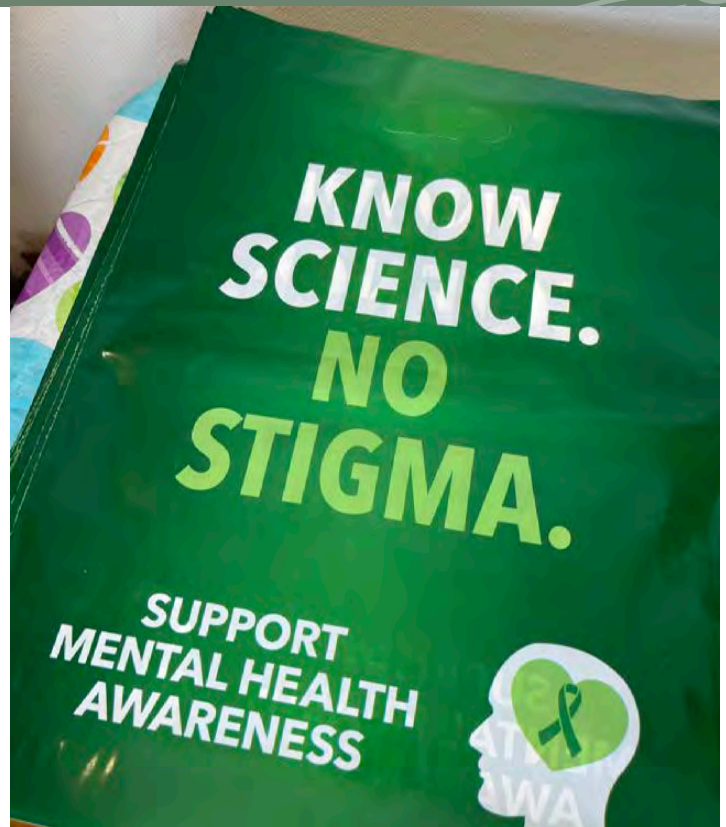
Behavioral Health

2022 may have brought challenges to our traditional programming across the Behavioral Health Department due to staffing shortages; however, our team quickly assisted in various capacities to help our patients in many innovative ways. Behavioral Health continues collaboration with various local entities as well as those in neighboring Pendleton to ensure client needs are being met. Behavioral Health includes programs like Neqce?éce Qapšqapšnáawit “Family Strength” Team, Problem Gambling, K’usiinmí Tawtnúkt “Horse Medicine” and Pinánayk’ukt “Gathering Oneself Together” Sober Transitional Housing. In August 2022 Youth Suicide Prevention programming was added to our many services.

MENTAL HEALTH

The Mental Health Department employed one Clinical Program Manager, one youth and adolescent Psychiatrist, one PA-C (Physician Assistant-Certified) for adult medication management needs, four full time therapists (1.5 school based, 2.5 office based), one Integrated Care Therapist, one Suicide Prevention Specialist, three Traditional Health Worker/ Peer Mentors and one office manager. Two key positions remained vacant in 2022; an office based mental health therapist and a full time school based therapist. Yellowhawk continues to actively recruit viable candidates to further services offered in our community. **3,375 mental health visits were provided** - as we continually increase programming efforts and recruit staff, we expect this number to increase in order to further help our community.

Clinical staff continue to utilize virtual platforms for those clients who prefer this method of communication, including Google Meets and Zoom to reach our clients and continue to provide crucial

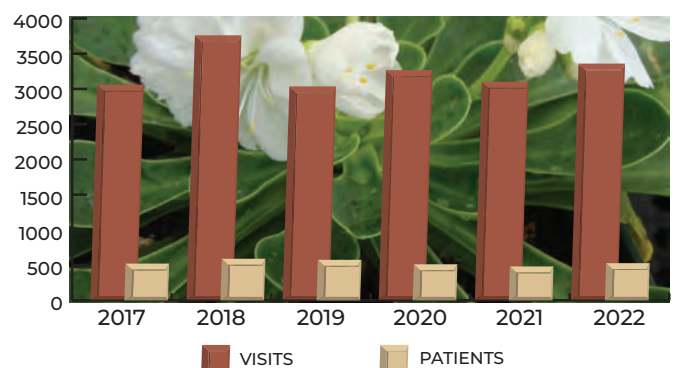


services to those that were unable to be seen in person for various reasons.

In August, Wildhorse Resort and Casino experienced an attempted robbery with an armed suspect. After the suspect was apprehended by Tribal law enforcement, Yellowhawk Management immediately formed a crisis team consisting of mental health therapists from Yellowhawk, Community Counseling Solutions and staff from Northwest Portland Area Indian Health Board (NPAIHB). This team dispatched



MENTAL HEALTH VISITS & PATIENTS PER YEAR



1955

Native American health services are transferred from the Bureau of Indian Affairs (BIA) to the Public Health Service (PHS).



Behavioral Health

directly to the casino to provide front line staff with an opportunity to process the events they witnessed. In a three-day span following the attempted robbery, approximately 125 mental health therapy, and Auricular Acupuncture (Acudetox) services were provided to casino staff.

Neqce?éce Qapšqapšnáawit “Family Strength” Team provided peer to peer skills building and prosocial services in the schools to youth. Grab-N-Go kits were dispersed throughout the year to continue to engage youth and their families in prosocial behaviors as well as self-care. Examples of Grab-N-Go kits were: back to school backpack handout, Indigenous Pride locally made items handout, stress reduction handout and holiday fun handouts. Staff chaperoned youth to Tree to Tree Aerial Park, Wallowa Lake, Indian Lake, Jubilee Lake, and the Echo pumpkin patch and corn maze. Program staff hosted ribbon shirt and skirt making class, movie nights in the park and at the clinic, and also hosted a Mini Powwow for National Children’s Mental Health Awareness Day in May. During Men’s Health Awareness Month the team provided a water obstacle course and Men’s GONA with lacrosse. Program staff also provided Tribal Family Preservation Training for Peer Support Specialist Certifications eligibility to in-house staff and other collaborating agencies.

Our **Suicide Prevention Specialist** led various events including: Suicide Prevention Walk partnering with Nixyaawii Community School (NCS), family bowling nights, youth game nights, basket weaving, paint night and collaboration with Family Strength Team taking youth on various outings in the community. Our specialist also collaborates to co-facilitate a Native Stand class at NCS. In late 2022, a First Nations Youth Suicide Prevention curriculum was implemented at Pendleton Middle School. The program serves approximately 45 youth weekly with a 24-part culturally specific curriculum, including focused talking points such as listening to wisdom, feelings, values, strengths, shame, recognizing and understanding emotions, followed by an activity, journal entry or drawing. This program served approximately 175 youth since August!

Integrated Care Therapist saw 89 clients for acute related needs. The Integrated Care Therapist provides office hours for those Yellowhawk eligible patients with acute needs and provides short-term solution focused therapy.

Auricular Acupuncture (Acudetox) services resumed in 2022. Acudetox is a procedure that involves the insertion of filiform needles into five specific locations on each ear. Acudetox is used worldwide for the prevention, treatment and harm reduction of substance use (including nicotine dependence) by reducing symptoms of anxiety, depression, insomnia, cravings, body pains and other symptoms related to withdrawal.



Behavioral Health

CHEMICAL DEPENDENCY

Yellowhawk Tribal Health Center's Chemical Dependency (CD) program received numerous referrals and CD Counselors and Peer Recovery Mentors provided over 3,000 CD Services/ Transports (*Level 1). CD Counselors also made referrals to higher levels of care such as Residential/Inpatient Treatment (*Level 3.1-4) as assessed.

**See Continuum of Care for how our patient care is staggered within this program.*

New Year's Eve Sobriety Powwow

150 participants >> 503.5 years of sobriety

277 Chemical Dependency referrals

826 Chemical Dependency Treatment Group Services

3104 Chemical Dependency service/ transports

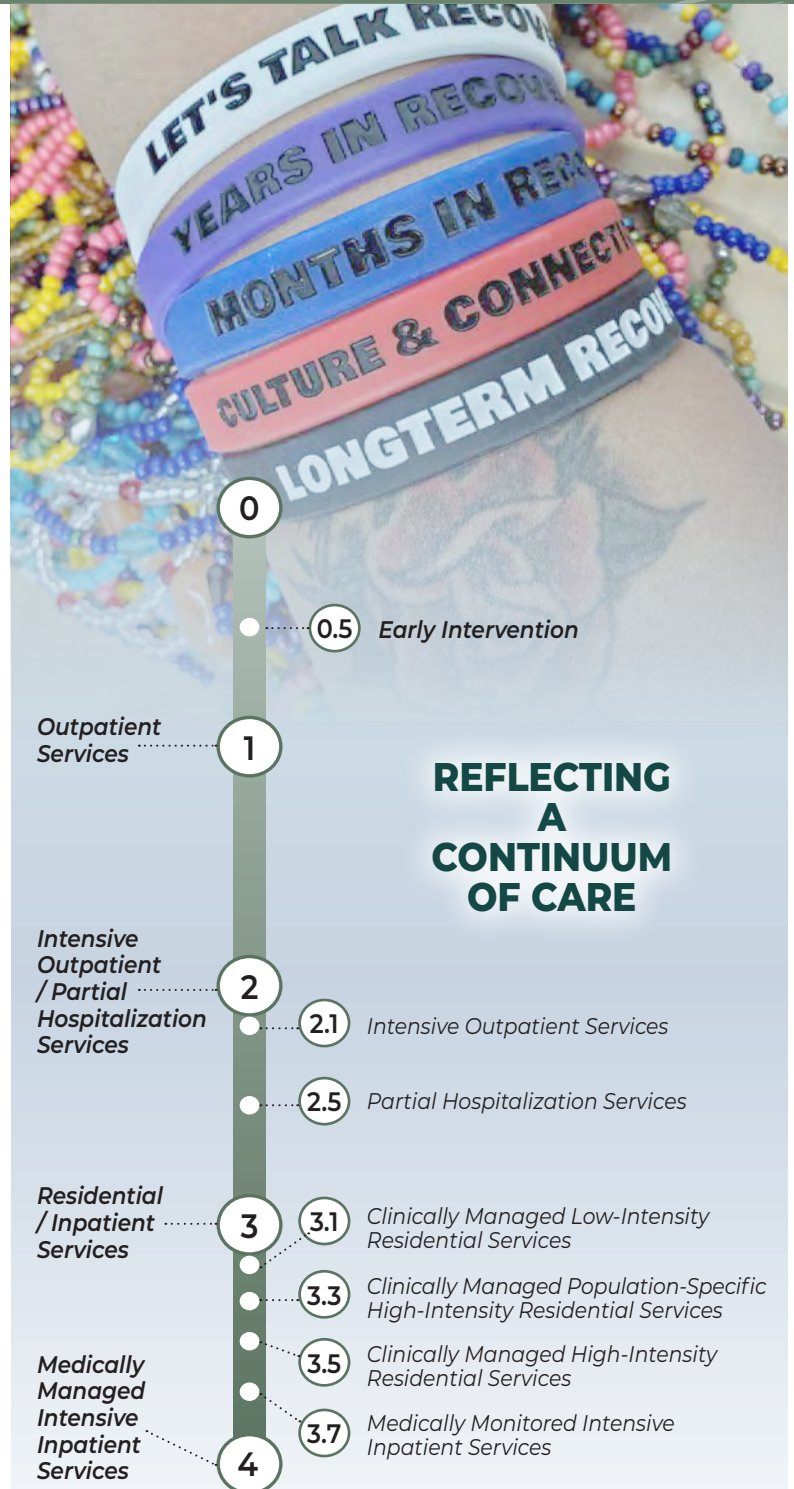
Chemical Dependency Team referred 19 clients to Residential/ Inpatient Treatment

Pinánayk'ukt "Gathering Oneself Together" Program/ Sober Transitional Housing (STH) opened to full capacity in 2022 and had a high of 8 STH Participants

Connections App provided eRecovery - remote peer support

20 clients completed Outpatient Treatment

Distributed 383 boxes of NARCAN in 2022; more than double compared to 2020-2021



NOTE: Within the five broad levels of care (0.5, 1, 2, 3, 4), decimal numbers are used to further express gradations of intensity of services. The decimals listed here represent benchmarks along a continuum, meaning patients can move up and down in terms of intensity without necessarily being placed in a new benchmark level of care.

1953

The Umatilla Reservation was scheduled for termination but was spared, although Public Act 280 was enacted which gave the State of Oregon full civil and criminal jurisdiction



Behavioral Health

Staff within our Chemical Dependency Program coordinated many prevention education outreach opportunities at Nixyaawii Community School and via social media campaigns throughout the year.

Recovery events such as Sobriety Powwows, including the L wttiwaama Sobriety Friendship Dance was held during the Pendleton Round-Up where 300 meals were shared with the community. New Year's Eve brought a healthy alternative to ringing in the New Year at the Longhouse where we had a record year of 150 participants with a combined 503.5 years of sobriety! Our CD team participated and partnered on a variety of substance-free events throughout the community.

Fentanyl education was provided in community forums, flyers, social media, various outreach events, and staff distributed a combined grand total of 536 boxes during the Narcan harm reduction program's history from 2020 to 2022.



K'usiinm  Tawtn kt "Horse Medicine" operated for its first full year as a Culturally Specific program with much community support and will continue with the intention of expanding as a Culturally Specific prevention program as well.

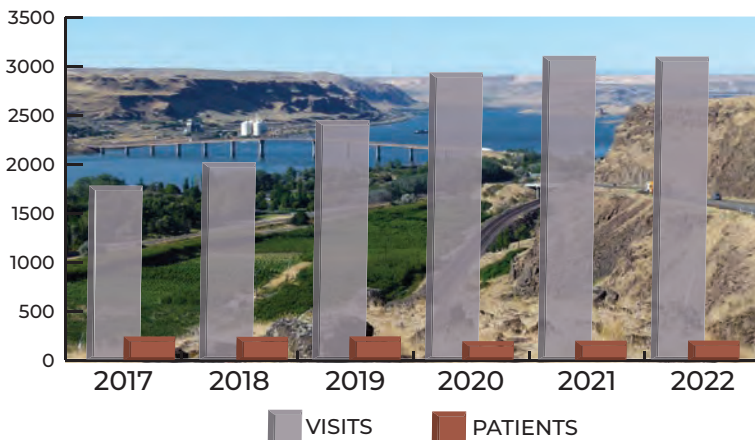
In a collaboration of programs, we provided alcohol and drug education at a series of **Family Bowling Nights** and the **Softball Pitching Camp** during the summer.



Developed a **Healthy Hobbies Initiative** to support recovery and wellness with physical exercise through collaboration with local facilities in Pendleton like the 1910 CrossFit program and the RoundUp Athletic Club (RAC).



CHEMICAL DEPENDENCY VISITS & PATIENTS PER YEAR



CULTURE IS



**PREVENTION
RECOVERY
WELLNESS**

Finance

In 2022, Yellowhawk continued to address the COVID-19 pandemic and its aftereffects on the health of our community. The COVID grant funding in this report enabled us to sustain our testing, treatment, and vaccinations for COVID. In addition to COVID funding, we received new grants to continue our opioid response work, maintain the problem gambling program, assist with home delivered meals to Elders, and a Behavioral Health Resource Network (BHRN) grant to provide substance use disorder services. We also partnered with Community Counseling Solutions which provided funding for a van and coverage of some staffing costs for the Sober Transitional House.

The revenue that Yellowhawk receives from billing insurances, also known as 3rd party revenue, is a key component of our clinic funding. This income helps us sustain current services as well as expand services for the community beyond the very basic care that the funding from Indian Health Service is intended to provide. When patients check in for their clinic appointment, our Eligibility Coordinators will update demographic and insurance information. In the lobby of the clinic we have offices for our Outstation Outreach Worker (OSOW) and our Tribal Navigator. These programs assist patients with enrolling in the Oregon Health Plan and Medicare. Obtaining current patient information and assisting with coverage enrollment are just two ways that Yellowhawk strives to enhance our 3rd party revenue in order to sustain and continue expanding and improving our services to the community. We appreciate the patience the community has shown as we work to comply with not only federal but also private insurance regulations.

2022 Grant Expenditures

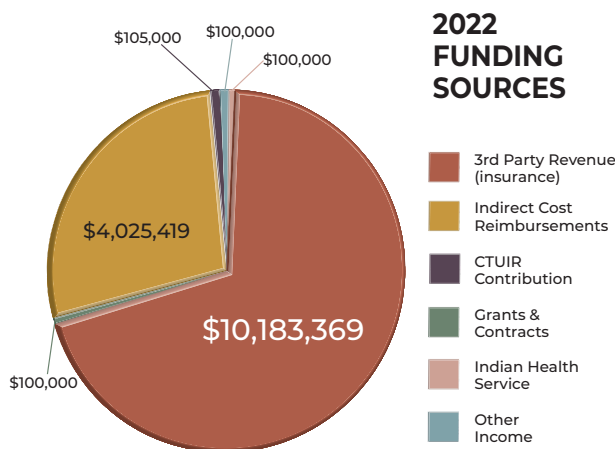
NON-COVID GRANTS

| | |
|--|--------------------|
| CDC Good Health & Wellness in Indian Country..... | \$344,581 |
| CTUIR Food System Collaborative..... | \$686 |
| CTUIR Wellbriety..... | \$62,887 |
| I.H.S. Special Diabetes Program..... | \$199,354 |
| MCH Title V Block Grant..... | \$13,588 |
| NPAIHB Tribal Opioid Response..... | \$38,054 |
| OAA Caregiver Grant..... | \$28,100 |
| OAA Older Americans Act..... | \$90,710 |
| ODHS Alcohol and Drug..... | \$96,421 |
| ODHS Prevention..... | \$45,734 |
| ODHS School Based Mental Health..... | \$68,529 |
| ODHS Tobacco Prevention Grant..... | \$203,521 |
| OHA Behavioral Health Resource Network (BHRN)..... | \$31,127 |
| OHA CD Planning..... | \$6,301 |
| OHA Health Preparedness..... | \$26,727 |
| OHA Measure 110 A&D..... | \$37,873 |
| OHA Measure 110 Mental Health..... | \$112,653 |
| OHA Public Health Modernization..... | \$206,870 |
| OHA State Tribal Opioid Grant 1..... | \$24,081 |
| OHA State Tribal Opioid Grant 2..... | \$67,422 |
| OHA Suicide Prevention..... | \$8,184 |
| SAMHSA Native Connections..... | \$41,462 |
| SAMHSA Project LAUNCH Grant..... | \$222,855 |
| State of Oregon Outstation Outreach Worker..... | \$73,152 |
| State of Oregon Tribal Navigator..... | \$68,294 |
| US Dept of Justice CTAS..... | \$520,353 |
| USDA/Senior Meal Program..... | \$10,377 |
| Women Infants and Children (WIC)..... | \$23,237 |
| Total non-COVID grants..... | \$2,673,132 |

COVID GRANTS

| | |
|--|--------------------|
| I.H.S. COVID AM Rescue Plan..... | \$14,675 |
| I.H.S. COVID Equipment..... | \$17,964 |
| I.H.S. COVID Telehealth..... | \$24,807 |
| I.H.S. COVID Testing/Tracing..... | \$159,266 |
| I.H.S. COVID PPPHCEA..... | \$338,233 |
| I.H.S. COVID Testing..... | \$268,987 |
| OAA American Rescue Plan..... | \$36,887 |
| OAA Older American Act Supplemental..... | \$21,595 |
| OHA COVID Equity..... | \$4,550 |
| OHA NARA COVID Monitoring..... | \$1,457 |
| OHA Tribal COVID Monitoring/Vaccine..... | \$189,446 |
| Total COVID grants..... | \$1,077,867 |

TOTAL GRANT SPENDING 2022.....\$3,750,998



1972

The Confederated Tribes of the Umatilla Indian Reservation (CTUIR) opens the original Yellowhawk Tribal Health Clinic.



Human Resources

The Human Resources team has faced challenges in recruiting Yellowhawk team members to fill healthcare provider and professional positions requiring degrees, licensing, and vaccination for COVID-19. Human Resources utilizes multiple media outlets to advertise open positions at Yellowhawk. Although we have an excellent benefit package, challenges remain in being able to stay competitive in wages. Due to nationwide staff shortages, private employers are able to offer higher salaries for medical professionals. Yellowhawk's rural location and the lack of housing has also proven to be a challenge while engaging with prospective candidates.

When we are unable to fill positions for healthcare professionals, we work with outside agencies to obtain qualified, board certified, locum tenens healthcare providers so we may continue to provide high quality patient care in Behavioral Health, Dental, and Medical. Unfortunately, locum tenens healthcare providers have short-term contracts with a 3 to 6 month timeframe. Therefore, our Yellowhawk patients may not have a consistent primary care provider.

Due to the challenges in recruiting new talent, Yellowhawk has remained diligent in promoting employee retention. As reported for 2021, Yellowhawk offered a \$2,000 retention bonus and provided a minimum wage of \$20.00 per hour for all employees. Offering a competitive pay rate has been an effective tool in maintaining our workforce.

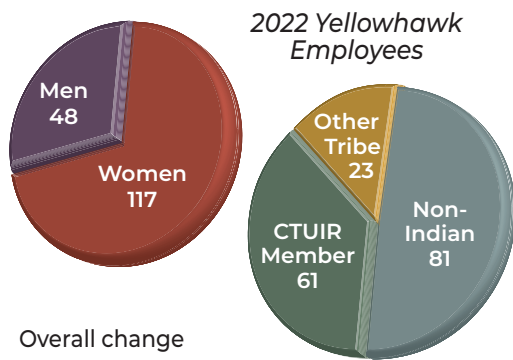
A new approach offered in 2022 to assist in our recruiting efforts is our intern opportunity. Yellowhawk has created a few intern or trainee positions available to enrolled members of the Confederated Tribes of the Umatilla Indian Reservation (CTUIR). The goal is to recruit CTUIR members to receive on-the-job training and also provide paid time to study or attend classes, if applicable. By the end of the internship or training, the intern would be qualified to apply for an open position related to their newly acquired skillset or certification at Yellowhawk.

Yellowhawk hosted our 2nd Annual Career Fair to middle school, high school, and current college students. Our departments showcased their respective fields and potential careers to attendees.

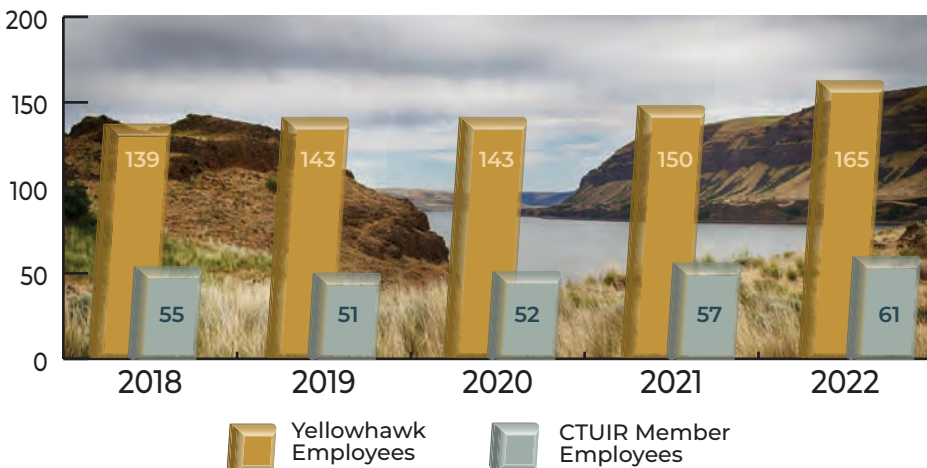


Our goal is to promote career paths available, from entry to professional level positions that require a higher education. To complement this, Yellowhawk also invites area colleges to showcase their programs ranging from business to healthcare. This will help students visualize the connection from an educational institution to a prospective career opportunity with Yellowhawk. 2022 attracted 75 attendees and each year we are growing this opportunity.

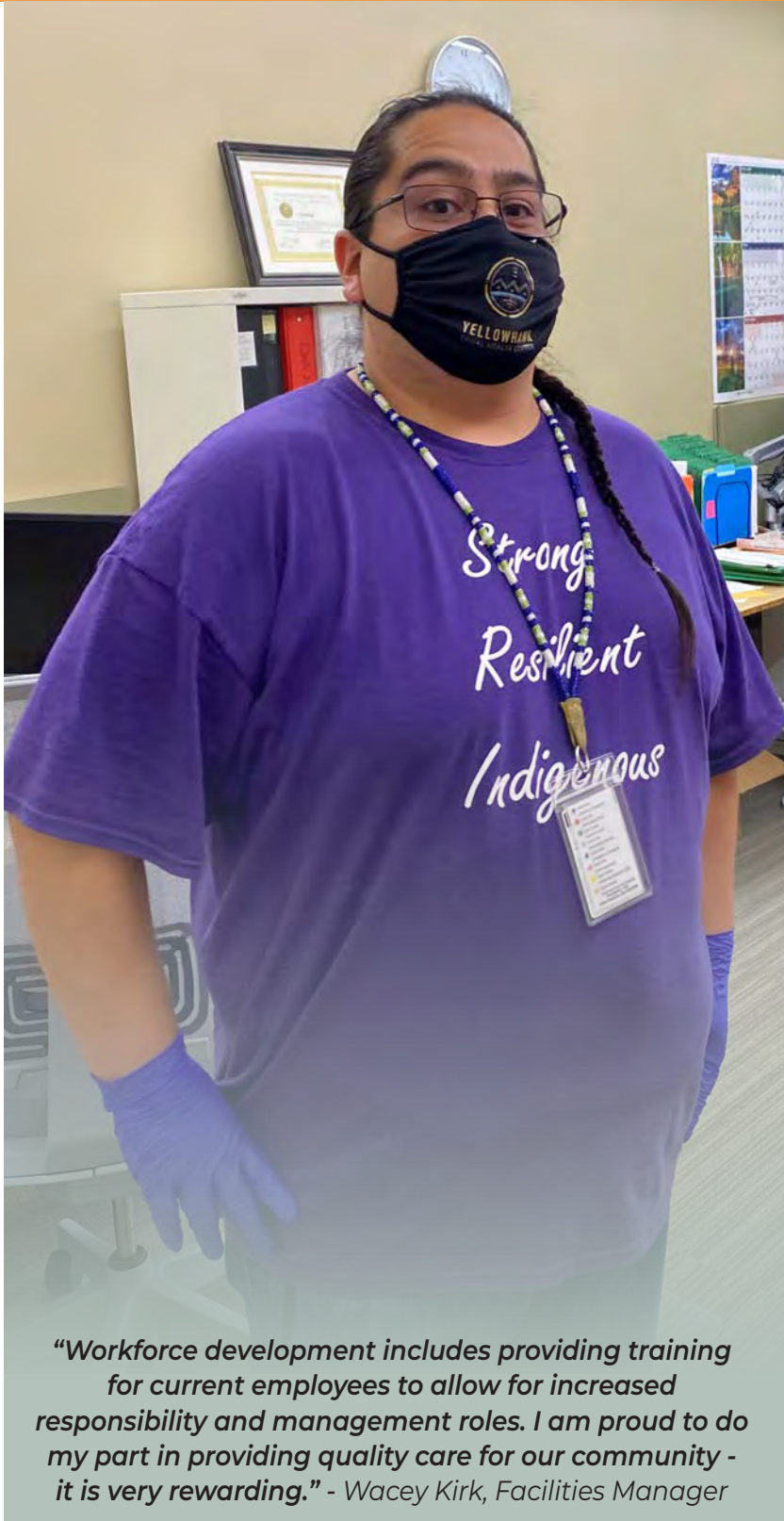
ANNUAL LABOR FORCE DATA AS OF 12/31/2022



Overall change from 2021:
+15 employees (10% increase)



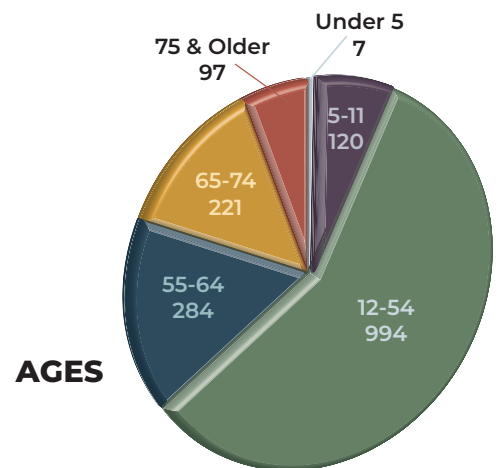
COVID & Recovery



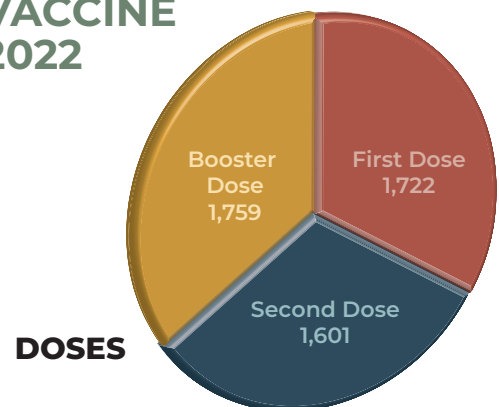
“Workforce development includes providing training for current employees to allow for increased responsibility and management roles. I am proud to do my part in providing quality care for our community - it is very rewarding.” - Wacey Kirk, Facilities Manager

As Yellowhawk staff continued to provide COVID-19 resources, January 2022 saw the biggest surge of COVID within the CTUIR community – 335 positive cases. The State and the Nation both surged with COVID-19 rapidly increasing through early 2022. As our community began the stages of recovery we saw cases high and low through the year and our teams pivoted as needed, providing guidance to the CTUIR.

The Public Health team aligned with the CDC and Oregon Health Authority (OHA) in decreased isolation and quarantine guidelines.



COVID-19 VACCINE 2022



1973

The Confederated Tribes of the Umatilla Indian Reservation (CTUIR) makes history as the first tribal organization in the nation to fully own its own health clinic



COVID & Recovery

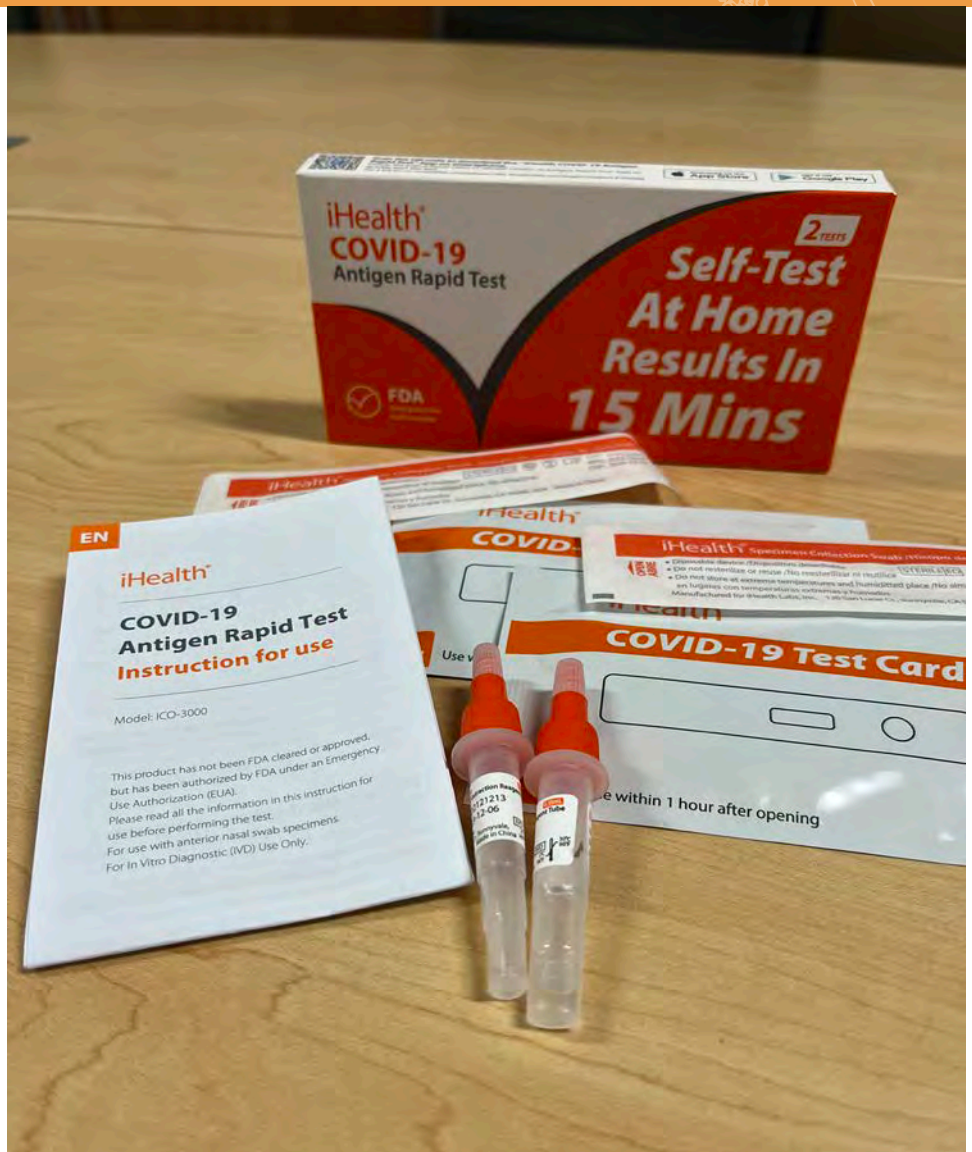
As wide spread At-Home test kits were distributed the OHA RedCap survey was used to self-report positive tests. Staff at Yellowhawk distributed testing kits via our Pharmacy Drive-Thru, various drive-thru events, and from multiple departments and community events. Throughout the CTUIR community we were able to help provide resources or facilitate at-home tests at various locations such as Wildhorse, Tamáststlikt Cultural Institute, Nixyaawii Governance Center, Daycares, Cay-Uma-Wa and various community events. For 2022, reported*, in-clinic positive COVID-19 cases were approximately 1,014.

COVID-19 treatments were readily available from our Pharmacy. New oral treatments, like PAXLOVID™, were given emergency-use-authorization by the Federal Drug Administration (FDA) in December 2021 for the treatment of mild-to-moderate COVID-19 infection. Since that time, the pharmacy issued 130 doses to high risk patients.

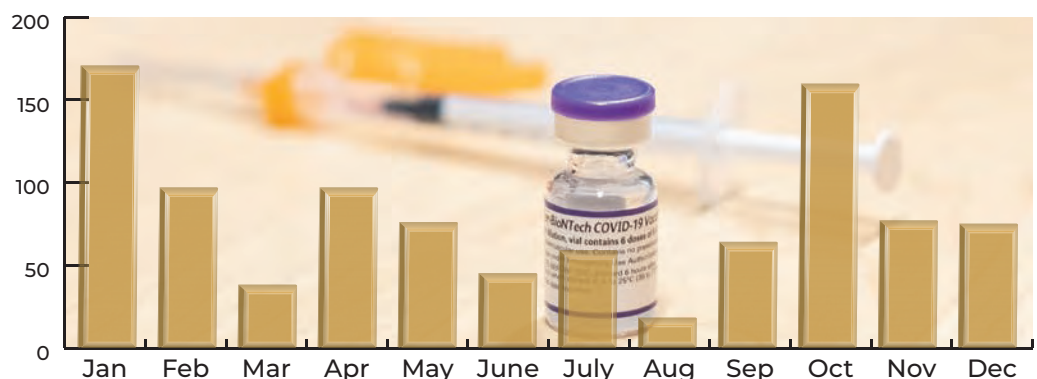
COVID-19 Pfizer vaccines were continuously updated and eventually covered all ages from 6 months and older. In 2022, Yellowhawk staff were able to administer 977 doses of the vaccine to a variety of individuals.

The Medical, Public Health and Pharmacy team all collaborated on various outreach efforts, ensuring our community was informed.

**reported cases at Yellowhawk are only those cases tested and confirmed in the Yellowhawk clinic. This does not include self-reported, at home positive COVID-19 tests.*



COVID-19 VACCINE - MONTHLY TOTALS 2022



Administration



ELIGIBILITY

Yellowhawk Tribal Health Center provides comprehensive healthcare services to eligible American Indians and Alaska Natives. Patients are categorized into two levels of eligibility:

Purchased and Referred Care (PRC) - eligible to receive services at Yellowhawk and/or be referred to an outside provider or

Direct Care Only (DCO) - eligible to receive services at Yellowhawk, or for PRC.

The eligibility coordinators at Yellowhawk determine whether patients are eligible for PRC or DCO.

UPDATE CONTACT INFO ANNUALLY!

Indian Health Services (IHS) requires Yellowhawk to make sure your information is updated yearly. Yellowhawk can end your PRC eligibility if your information isn't current. IHS is a primary source of funding for Yellowhawk, making up approximately half of the operating budget each year. To address shortfalls in congressional funding, Yellowhawk and other Tribal, urban, and IHS programs must rely on resources, such as private insurers, Medicare and Medicaid, to meet the level of need.

Purchased & Referred Care (PRC) Requirements:

- CTUIR enrolled member residing within Umatilla and Union Counties
- Other enrolled Tribal member or descendent of enrolled member of other Federally recognized tribe, residing within the boundaries of CTUIR for one year (must show proof of residency)
- Be registered for services at Yellowhawk
- Provide required documents
- Must enroll for alternative resource (insurance) if applicable, such as: Medicare, Medicaid, or employer benefits
- Eligible to receive services outside of Yellowhawk WITH APPROVED referral from Yellowhawk primary care provider

Direct Care Only (DCO) Requirements:

- Any enrolled Tribal member or descendent of enrolled member of a federally recognized tribe
- Be registered for services at Yellowhawk
- Provide required documents
- Must enroll for alternative resource (insurance) if applicable, such as: Medicare, Medicaid, or employer benefits
- Eligible to receive services at YELLOWHAWK ONLY

1996

The CTUIR signs a compact with the federal government to assume management of all health care functions for the Tribes.



Administration

ACCREDITED VIA



PATIENT-CENTERED
PRIMARY CARE HOME



Yellowhawk Tribal Health Center is one of only five – out of more than one hundred – self-governed Tribal health centers in the U.S. to receive national accreditation from the U.S. Public Health Accreditation Board (PHAB). Awarded late summer 2020, the clinic went through a multifaceted peer review assessment to prove it meets and or exceeds nationally-set standards and best practices.

PERFORMANCE STANDARDS

Yellowhawk is accredited via the Accreditation Association for Ambulatory Health Care. Furthermore, it is the leader in the **Government Performance and Results Act (GPRA)** measurements for Portland and the surrounding area. This program measures how well health organizations perform with respect to clinical quality by evaluating the following areas: diabetes, dental services, immunizations, cancer screening, behavioral health, cardiovascular screenings, childhood weight control and HIV screenings.

TRIBAL AFFILIATIONS

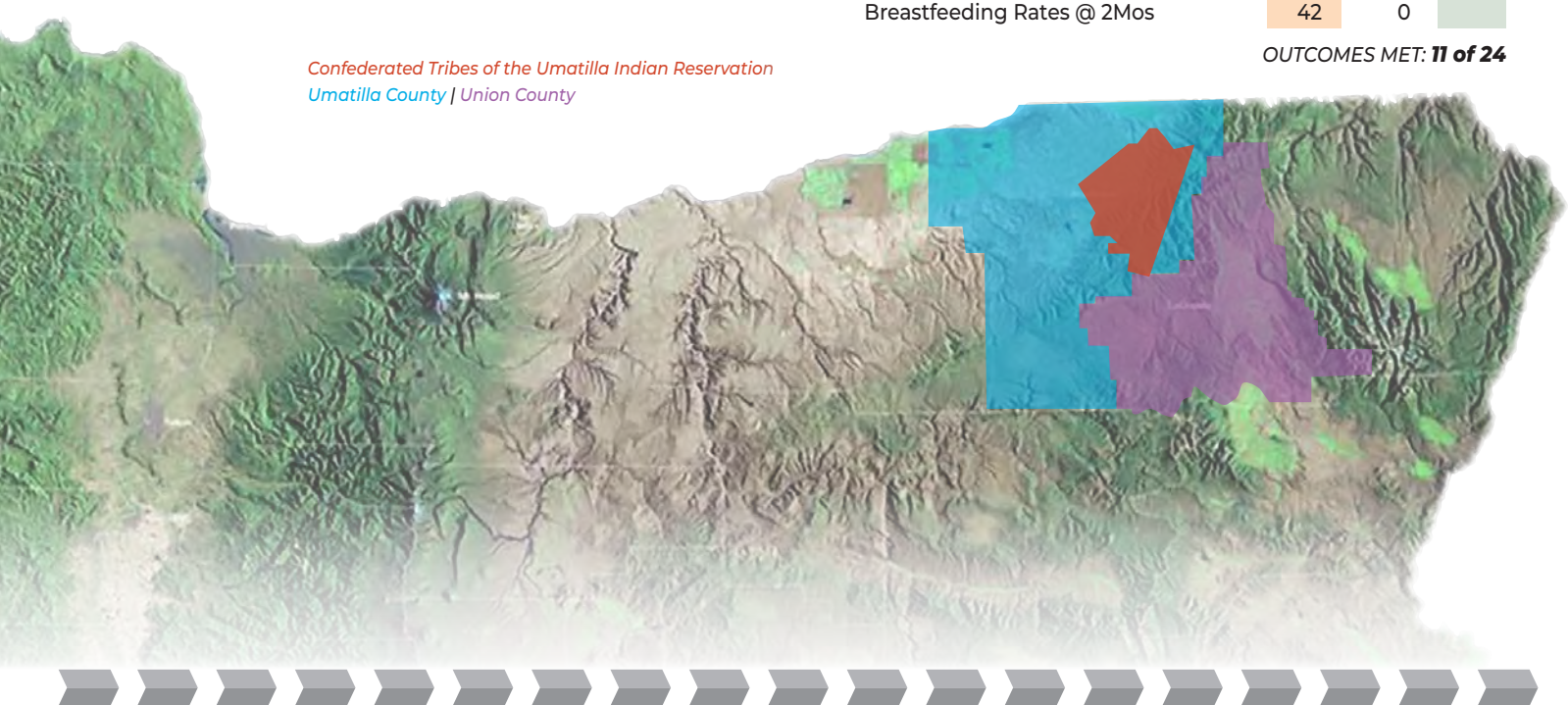
Yellowhawk provides high-quality, primary healthcare for the Confederated Tribes of the Umatilla Indian Reservation and other eligible American Indian and Alaska Natives.

Confederated Tribes of the Umatilla Indian Reservation
Umatilla County | Union County

End of Year GPRA

| | National 2022 Target % | YELLOWHAWK Denom | Panel % Met YTD |
|-----------------------------------|------------------------|------------------|-----------------|
| DIABETES | | | |
| Controlled BP <140/90 | 57 | 439 | 58.5 |
| DM Statin Therapy | 56.8 | 297 | 76.1 |
| Nephropathy Assessed | 43.7 | 439 | 69.2 |
| Retinopathy Assessed | 41.2 | 439 | 77.4 |
| DENTAL | | | |
| Dental access General | 28.8 | 4308 | 40.8 |
| Intact Sealants 2-15 | 13.7 | 814 | 12.4 |
| Topical Fluoride 1-15 | 26.8 | 847 | 46.2 |
| IMMUNIZATIONS | | | |
| Influenza 6mos-17yrs | 29.7 | 1018 | 8.9 |
| Influenza 18+ | 28 | 3258 | 19.2 |
| Adult 19+ Combo | 44.4 | 3189 | 38.4 |
| Child Series 4313*314 | 47.8 | 46 | 23.9 |
| CANCER | | | |
| Pap Smear 24-64 | 38.4 | 1092 | 39.5 |
| Mammogram Rates 52-64 | 39.7 | 533 | 40.5 |
| Colorectal Cancer 50-75 | 32.6 | 1301 | 36.1 |
| Tobacco Cessation Counsel or Quit | 29.8 | 936 | 19.1 |
| BEHAVIORAL HEALTH | | | |
| Alcohol Screen 9-75 | 39.2 | 3719 | 30.1 |
| IPV/DV Screen 14-46 | 36.3 | 1149 | 26.1 |
| Depression Screen 12-27 | 33.9 | 429 | 21 |
| Depression Screen 18+ | 42.9 | 3258 | 31.8 |
| CARDIOVASCULAR DISEASE | | | |
| Children 2-5 w/BMI ≥95% | 22.6 | 56 | 26.8 |
| Controlling High BP-MH | 40.9 | 793 | 35.7 |
| CVD Statin Therapy | 40.6 | 501 | 59.5 |
| OTHER CLINICAL | | | |
| HIV Screening Ever | 38 | 3123 | 42.1 |
| Breastfeeding Rates @ 2Mos | 42 | 0 | |

OUTCOMES MET: **11 of 24**



Looking to the Future



I am pleased to announce, that after completing the Community Health Assessment (CHA), which has provided valuable insights into the health needs of our community, Yellowhawk Tribal Health Center will be focusing on the expansion of services for our patients.

Based on the results of the CHA, Yellowhawk determined that there is a need for several key facilities and services to better support the health and well-being of our community. First and foremost, the assessment highlights the need for a holistic wellness center that can provide a range of services to promote wellness and prevent illness. This center will be a place where community members can access resources and programs that support physical, mental, and emotional health. Additionally, the assessment revealed a need for a skilled nursing facility, primarily focused on care for Elders. Such a facility would provide specialized care and support to our elderly Yellowhawk eligible patients, ensuring that they receive the highest quality of care as they age.

Finally, the assessment identified a need for the expansion of office space at Yellowhawk. This allows us to better serve our community by providing additional resources and support to those who need it most.

As we shift focus to new and revived projects, it's important to note that while COVID-19 has understandably been a top priority for us over the past year, we are working to ensure our patients receive the comprehensive care they need which includes preventative services and management of chronic conditions. We encourage patients to schedule regular appointments with their providers and to take an active role in managing their health.

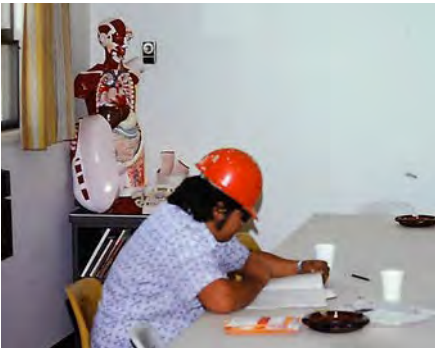
We are committed to meeting the needs of our patients and working with our community to ensure that Yellowhawk continues to be a valuable resource. Thank you for your ongoing support as we strive to help our community achieve optimal health and wellness through a culture of wellness. — CEO, Aaron Hines

2005

Fiscal year CTUIR officially enters the IHS Tribal Self-Governance Program



Celebrating 50 Years



of Yellowhawk History



2017

The CTUIR opens the new 64,000 square foot state-of-the-art Yellowhawk facility that boasts, among other things, 15 medical exam rooms and 10 dental chairs.





*50 Years of Yellowhawk
Tribal Health Center* 1972-2022





YELLOWHAWK

TRIBAL HEALTH CENTER

MEDICAL

- Family practice medicine
- Patient-centered primary care medical home
- Wellness instruction
- Preventative health screenings
- Chronic disease management
- Well baby and child exams
- Physicals
- Immunizations
- Women's health
- Prenatal/obstetrics
- Podiatry
- Mammogram

PHARMACY

- Medication counseling
- Diabetes education and management
- Anticoagulant management
- Tobacco cessation counseling and management
- Medication take back – disposal site

LAB & X-RAY

- Skilled phlebotomy and blood draws
- EKG
- Infection control and reporting
- Drug therapy monitoring
- Digital x-ray laboratory
- Ultrasound

PUBLIC HEALTH

- Maternal/child health services
- Women, Infants, and Children (WIC)
- Nutrition & diet services
- Diabetes education & support
- Heart health & blood pressure education
- Physical activity promotion and education
- Healthy foods and garden program
- Communicable disease
- Tobacco prevention/cessation program

SENIOR SERVICES

- Dine in meal service
- Home bound delivery meal service
- Case management

DENTAL

- Restorative dentistry
- Periodontal therapy
- Implants and orthodontics for PRC eligible patients
- Nitrous to help those with dental fear or trauma
- Laser dentistry
- Occlusal guards for our athletes or patients who grind their teeth
- Prosthetic dental work, such as crowns, bridges, and dentures

BEHAVIORAL HEALTH

- Outpatient mental health services for children, youth, adults, and families including: walk-in crisis response, pediatric tele-psychiatry, adult psychiatry, counseling and peer support
- School-based mental health counseling for children and youth
- Neqce?éce Qapšqapšnáawit "Family Strength" Program
- Mental health and substance use disorder services
- Problem Gambling support, knowledge, prevention, and education
- Acu-detox
- Substance Use Disorder services
- Trauma-informed awareness, prevention, and outreach
- Peer Recovery Mentoring
- DUII Program licensed by State of Oregon
- Culture based and focused prevention programming, events, activities, and trainings
- K'usiinmí Tawtnúkt "Horse Medicine" Program
- Pinánay ukt "Gathering Oneself Together" Program - Sober Transitional House

ALLIED HEALTH SERVICE

PHYSICAL THERAPY

- Conservative drug free pain management
- Post-surgical rehabilitation
- Pre/post prosthetic training
- Cardiac rehabilitation
- Geriatric programs
- Falls prevention
- Vestibular rehabilitation
- Therapeutic exercises, neuromuscular re-education, IASTM, thermal agents
- Lymphedema management
- Transcutaneous electrical nerve stimulation, functional/ neuromuscular electrical stimulation
- Therapeutic ultrasound, shock wave therapy/radial pressure wave, class 3B cold laser treatment
- Spinal decompression/traction

OPTOMETRY

- Vision and medical eye care services
- Advanced diagnostic testing and imaging
- Treatment of acute eye conditions such as injuries or infections
- Management of chronic eye disease such as glaucoma or cataracts
- Diabetic and Pediatric eye exams
- Exam and prescription for eye glasses
- Contact exams
- Fitting and repair of quality eye glasses

AUDIOLOGY

(Outside service are available for PRC eligible patients)

TRANSPORTATION

OTHER SERVICES

- Outstation Outreach Worker - Assistance with Oregon Health Plan and Marketplace enrollment
- Tribal Navigator - Assistance with Oregon Health Plan and Marketplace enrollment
- Referral Coordination
- Advanced Directive
- Notary Services





YELLOWHAWK

TRIBAL HEALTH CENTER

PO BOX 160 • PENDLETON, OR 97801

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PENDLETON
OR



Audiology
&
Optometry
Coming Soon