



AMERICAN INDIAN
Health & Family Services

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AMERICAN INDIAN
Health & Family Services

*Connecting care with a culture of
comprehensive wellness*

**American Indian Health & Family
Services of Southeast Michigan**

4880 LAWNDAL, DETROIT, MI 48210

YEAR IN REVIEW

2022



AMERICAN INDIAN Health & Family Services

Greetings from the CEO



Chasity Dial

Chief Executive Officer

[Lumbee Tribe of North Carolina]

A Year in Review...2022

Wow, What a Year! When we look back over 2022, it feels as if the year has flown by. Who could've predicted the challenges over the last two years? The Covid-19 pandemic has more than made its mark entering us into a new era. What has embarked on us as turbulent times, has also given us a very different perspective on things. We had to respond to the changing needs of our community repeatedly; but through it all our priority was the health and safety of our clients, community and our dedicated staff.

As we entered 2022 there was a new sense of what getting back to "normal"

will look like. We all learned how to function and operate a bit differently and more effectively while still responding to the pandemic and providing exceptional care to our diverse community. American Indian Health and Family Services (AIHFS) began resuming back in full swing this year while keeping lessons learned at the forefront of prevention. Towards the middle of the year, activities and programs became supercharged across many areas of the agency. Client numbers and community participation continued to grow more and more as the year went by. The engagement of in-person trainings, conferences and connecting also took place as it became more and more safe to do so.

In challenging times, it becomes increasingly clear how much we need each other. The power of networking and advocacy to support our mission and vision has raised awareness of who we are as an Urban Native Organization serving all populations. However, there is still more work to be done. Strengthening communities and improving more lives is our purpose but it cannot be done without the support of networked collaborators striving for aligned goals.

As we have many new initiatives planned for 2023, join me in reflecting back on our year in review.

On behalf of AIHFS staff, board of directors, and volunteers, I want to thank you for your continued support. We wish you and your family health, happiness and all the best for the upcoming year. Welcome 2023!

Stay safe and well,

-Chasity Dial, CEO

Inside this edition...

Subject	Page
MEDICAL	4
BEHAVIORAL HEALTH	10
COMMUNITY WELLNESS	19
HIGHLIGHTS	24
ADMINISTRATION	28
DEVELOPMENT	34
FINANCE	37



AMERICAN INDIAN Health & Family Services

MEDICAL

MEET OUR NEW DOCTORS



Jesse Klebba, DO

Medical Director

Jesse Klebba is a board-certified family physician who joined American Indian Health and Family services as the medical director in February 2022. Born and raised in south east Michigan he graduated from Wayne State University with a bachelor's degree in biology followed by medical school at Michigan State University. After graduating medical school, he pursued a career in Indian health working with the Puyallup tribe. He attended the Puyallup tribal health authority for residency and later signed on as a full spectrum family medicine faculty member. As a faculty member he worked and trained residents in both inpatient and outpatient medicine including obstetrics. He also worked as the tribal correctional facility doctor and was actively training to become the lab Director. He was a member of the EHR committee and the core competency committee working to both to improve the medical records and enhance resident training. As an osteopathic physician he approaches health with a mind, body, and spirit perspective and plans to bring his experience as a mentor with him into his position as medical director.



Alicia Steele, MD

Family Medicine Physician

Doctor Alicia Steele, born and raised in Michigan, is grateful for the opportunity to serve at American Indian Health and Family Services in Detroit. Alicia has been deeply inspired by her family, a Zapatista indigenous community, an indigenous community in Pembroke, NC and the community of Detroit, Michigan. Her passion for community health justice led her to study medicine in a universal healthcare model in Cuba, at the Latin American School of Medicine. In Havana, Cuba, Alicia honed an ability to weave biological, emotional, cultural, and social needs into medical care. Following medical school in Cuba, Alicia returned home to complete her 3 year medical residency in Detroit. Alicia deeply believes in loving kindness, joy, justice, wellness and that clean water, cultural respect and understanding and healthcare are human rights. She can be found in her Southwest Detroit community enjoying delicious local food, art, music, dancing, playing sports, laughing, and smiling with her family, friends, and mother nature. Alicia is also a mother to two kittens, Vaquito (little cow) and Koalito (little koala) and many plants.

MEDICAL SERVICES

AIHFS medical clinic is currently staffed with three board certified family practice physicians that offer an array of medical services. We have both allopathic and osteopathic physicians providing medical care to patients of all ages; from infancy to late adulthood. We continue to offer routine annual visits, same day appointments, telehealth services, routine well child checks, and women health care.

Over the course of 2022 AIHFS has seen many changes and has made significant strides of improvement over the year. We are happy to report the medical department was able to keep its doors open for the community during the pandemic year of 2022 and continued seeing patients 5 days a week providing well visits, pediatric visits, and COVID related visits (vaccines, testing). In addition, we were able to make foundational changes in our processes and work flow that will result in continued longitudinal growth in the medical department and for the agency.



AMERICAN INDIAN Health & Family Services

MEDICAL

MEDICAL SERVICES (cont.)

We have implemented a standardized rooming process offering universal screening to patients for tobacco use, domestic partner violence, alcohol use, and physical activity level. Every visit offers nutritional and health promotion resources given at the time of intake. Streamlining this process has allowed the providers to review the screening results at the same time as reviewing a patient's vitals. This fundamental change has prioritized lifestyle and dietary behavior with a patient's vital signs – an ounce of prevention is worth a pound of cure. AIHFS continues to provide adult and childhood vaccinations. AIHFS is a participant in the Michigan Vaccine for Children's program.

We have made structural changes in the medical clinic during 2022 that patients will notice immediately upon entering the patient rooms. We have placed wall mounted computers in all the patient rooms allowing for access to the electronic health care record during the visit. This has allowed our providers to share information with the patient and have immediate access to the patients charts during the visit. Computer access in the room has also helped expedite medication prescribing and medication refills with capability of sending scripts electronically during a visit.

Depression Screening for 2022 demonstrated significant improvement with streamlining the depression screens. We have seen a 4% improvement monthly in our depression screenings with the plan to achieve greater than 42.9%.

In 2022, activity level screening has been added to the vital sign intake and has demonstrated an improvement of activity screenings allowing for patient focused exercise/lifestyle modification education by the providers. Individuals seen in medical have been counseled on the health risks of a sedentary lifestyle with focus on culturally appropriate lifestyle adaptations and activities. Through the joint efforts of medical and behavioral health we have utilized our medical appointments to direct patients to active cultural events (powwow, sweat lodge, drumming group, etc.).

Government Performance and Results Act

GPRA Measures Results

The Government Performance and Results Act (GPRA) is a federal law, it requires federal agencies to demonstrate that they are using their funds effectively toward meeting their missions. Below you will see the GPRA scores for AIHFS compared to the National 2022 Target.

Diabetes 2022 GPRA	National 2022 Target	AIHFS Results
Controlled BP <140/90	47.7%	66.7%
Statin Therapy (DM)	51.9%	86.7%
Nephropathy Assessed	42.8%	66.7%

Cancer Screening 2022 GPRA	National 2022 Target	AIHFS Results
Pap Smear Rates (24-64)	32.6%	35.7%
Colorectal Cancer (50-75)	27.4%	35.6%
Tobacco Cessation Counseling	24.3%	30.7%

Behavioral Health 2022 GPRA	National 2022 Target	AIHFS Results
Depression Screen (12-18)	30.6%	40.0%
IPV/DV Screening (14-46 F)	32.1%	32.1%

Prevention 2022 GPRA	National 2022 Target	AIHFS Results
Statin Therapy (CVD)	37.2%	72.7%
Universal HIV Screening	36.3%	63.4%

Dental Screening 2022 GPRA	National 2022 Target	AIHFS Results
Dental Access General	18.4%	22.7%



AMERICAN INDIAN Health & Family Services

MEDICAL

Patient Analysis Covid-19

AIHFS is particularly proud of our efforts to provide COVID services from the onset of the pandemic and currently continuing to provide vaccinations to our community and members of the Detroit surrounding area. We continue to offer drive up COVID testing, walk in COVID vaccination visits, and tele-health services for COVID positive patients. We were able to administer nearly 400 COVID vaccinations during the 21/22 fiscal year. We were able to see 1200 kept clinic appointment visits during a pandemic year and provider routine medical care for our clients. We were able to provide nearly 2000 COVID tests to our community allowing them the autonomy to make healthy decisions for their own health and for the health of their loved ones and community.

AIHFS operates a drive-thru COVID-19 testing available by appointment only five days a week for patient convenience and limit staff and patient exposure to COVID-19. Patients can expect results within 30 minutes of testing connecting patients immediately to appropriate treatments and therapeutics.

2022 Highlights:

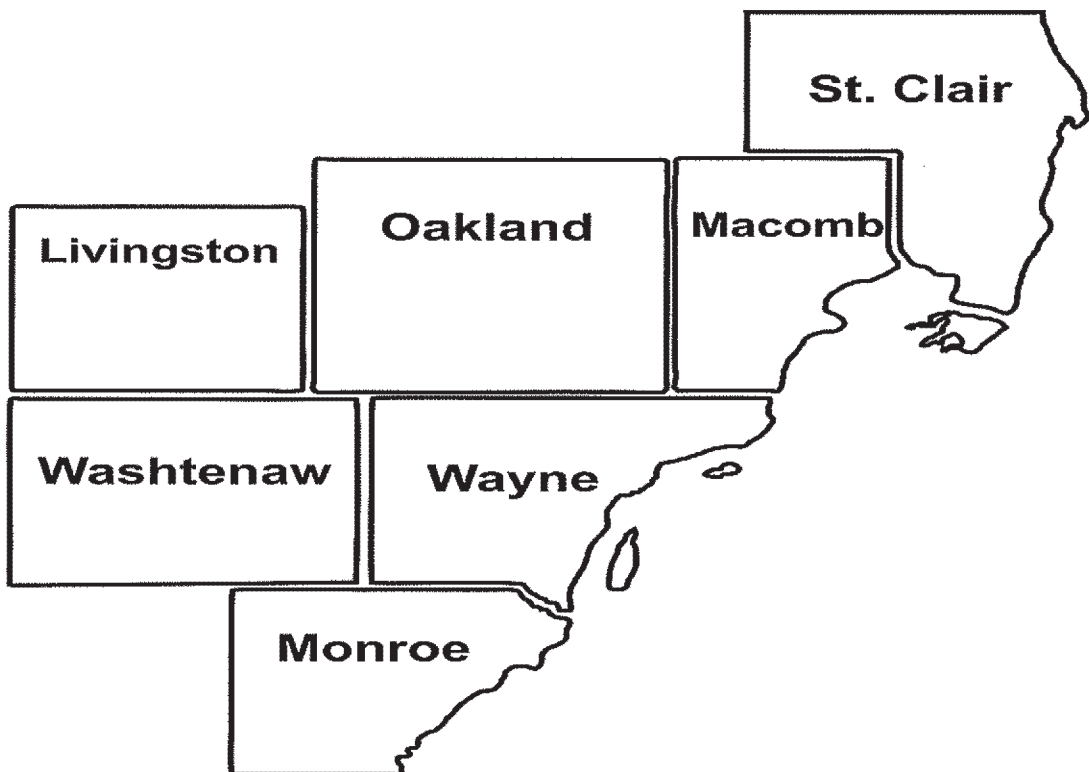
- AIHFS was able to provide nearly 845 COVID-19 tests to the community in 2022 with a 30% positivity rate.





Maps of Population and Service Area

American Indian Health and Family Services is a non-profit health and human services agency located in Detroit, Michigan. We serve American Indian children and families throughout southeastern Michigan with an emphasis on Wayne, Oakland and Macomb counties. Our organization is funded through a combination of public and private sources. The following map shows our service area:





AMERICAN INDIAN Health & Family Services

BEHAVIORAL HEALTH

Behavioral Health has a New Look

By David Garcia, Behavioral Health Director, Lipan Apache Descendant

The emergence of Coronavirus made any mental health programs look at how they were doing business and providing services to clients. American Indian Health and family Services was also challenged to adapt and modify existing outmoded standards of delivering program services. We decided to evolve into a program that provides a diversity of supports and services to our clients from traditional indigenous ceremonies to telehealth counseling.

Pre-Covid, we had a basic outpatient mental health program with a limited staff consisting of a BH director and 2 outpatient therapists. Services were provided only on a face-to-face basis to client with no other options available. Treatment modalities were limited to reflective listening, cognitive behavioral therapy and motivational interviewing. The cancelation/no show rate was above the national average at close to 40%, a clear indication of client indifference to treatment. There was a mental health specialist embedded in the medical clinic. This clinician was to screen patients for depression, anxiety, suicide and substance abuse. If patient scored high on the screen, they would either be

seen in the medical clinic or referred to the Behavioral Health program. The lack of an efficient referral and follow-up system allowed a number of patients to slip through the cracks. Clearly, the industry model standard for service delivery was not work well at AIHFS.

Beginning in late 2019, there was a push to improve access by Urban Native Americans to outpatient services and include more culturally appropriate programming. A Cultural Services Coordinator/Counselor was hired to provide outpatient counseling while incorporating traditional teachings and ceremonies into a client's treatment plan. Staff were making referrals to the Cultural Services to help clients explore and understand their indigenous heritage. There was an increase of collaboration between the outpatient therapists and the Cultural Services which help to address mental health issues, substance abuse issues and historical trauma from a Native American perspective.

As we were initiating new innovative programming into outpatient treatment, 2020 became the year of adapting, developing, experimenting and reinventing

Behavioral Health Services. Covid-19 initially put a halt to most of the face-to-face programming and services as we followed CDC guidelines and restrictions. But the community and clients were requesting that we continue on with the cultural services programming and the outpatient treatment. We equipped offices with PPEs, N95 masking, clear plastic barriers, and social distancing for therapy appointments and program events. We developed standards and protocols for staff and clients for providing services during the pandemic. We understood that there were a number of clients who were at a high risk and did not want to coming into the clinic. We experimented with doing telehealth with a few clients by phone. This evolved into Zoom sessions with those tech-savvy clients. Cultural Services push on and were doing social distancing with groups and in certain cases using the on-site covid testing for all participants.

2021 – 2022 were the years of transition for the Behavioral Health program. We added psychiatric services which were provided via Zoom sessions. We hired a new clinical supervisor to directly oversee the clinical therapists. Staff movement led to changes in the Behavioral Health director and two therapists' positions. By the mid-year 2022, we had a new established clinical team consisting of a BH director, clinical supervisor, a psychiatric nurse practitioner, two clinical therapists (we have one open position), a cultural services coordinator and a case manager.

The new team has responded well to the needs of the community and clients with renewed energy, vigor and dedication. There is restored communication and coordination between the outpatient

program and the medical and cultural services. We are averaging around 4-6 inter-departmental referrals per month. Clinical staff bring an expertise in trauma-based treatment modalities which are the recommended modalities for Native American/Alaskan Native. Out-patient services are averaging 106+ therapy sessions per month an increase of 20% from 2019. 31% of those sessions are telehealth, either by phone or zoom. Most importantly, the cancelation/no show rate has dropped significantly (to below the national standard) to around 24%. Cultural Services is offering 6-8 events and ceremonies monthly and those are well attended by both clients and community members. Currently, 36% of our clients are enrolled with a federally recognized tribe and 50% identify themselves as being Native American or have NA/AN heritage. The Native American community appears to be responding positively to the integration of traditional cultural programming with outpatient services and see AIHFS as a place which understands and provides for their unique needs.

Native Americans have endured many atrocities over the past 500 years but what has always been one of our greatest assets, is our **resiliency**. Our ability to overcome and stay true to our traditional teachings and heritage. We knew that **Cultural is Healing**. The Behavioral Health program at AIHFS is a reflection of those teachings and fortitude. We did not view this change is not a hardship but as an opportunity to come back stronger and better. I encourage you to visit our website, see the great things we are doing and get to know the dedicated staff that we have here.
Pilamaye / Chi Miigwetch



AMERICAN INDIAN Health & Family Services

BEHAVIORAL HEALTH

Suicide Prevention



SafeTALK Trainings

By Adon Vasquez

Over the past few months, The Sacred Bundle Project had the opportunity to provide SafeTALK to multiple communities across the state. SafeTALK is a half-day training for anyone 14 and older to



learn how to identify a person with thoughts of suicide and get them connected with a suicide first aid helper. During this period, the project provided 5 trainings and trained 105 individuals to be suicide alert helpers. The trainings took place at the Bay Mills Community College, Northern Michigan University, Keweenaw Bay Indian Community, Farmington Hills School District and Firekeepers Casino and Hotel. In addition to those trainings, the project also trained 33 staff at AIHFS on November 4th in collaboration with our Zero Suicide Project. If you are interested in taking a SafeTALK training, please contact The Sacred Bundle Project at sacredbundle@aihfs.org

Food

Distribution Event

By Taylor Maxwell

On November 17th, the Sacred Bundle Project partnered with the local women's shelter Alternatives For Girls (AFG) at their food distribution event. The Project was able to provide 65 mental wellness kits which contained various materials with the National Suicide Prevention Lifeline, wellness books, and program information. After the kits were distributed, the team helped with other tasks to help complete the distribution of fresh produce, pantry staples, and frozen foods. A total of 254 families participated in the event, which brought together four local agencies that assisted in distributing to families. AFG hosts their food distribution, in partnership with Forgotten Harvest, on every first and third Thursday each month from



9am – 12pm. If you are interested in participating in the food distribution event, please reach out to the Sacred Bundle Project at sacredbundle@aihfs.org to help facilitate your registration.



AMERICAN INDIAN Health & Family Services

BEHAVIORAL HEALTH

Suicide Prevention (cont.)

Hope Starts Here

By Adon Vasquez



On November 19th, The Sacred Bundle Project participated in the “Hope Starts Here” event in Frankenmuth, MI hosted by the Barb Smith Suicide Resource and Response Network. The Saturday before Thanksgiving is recognized as International Survivors of Suicide Loss Day and is a day to support those who have been impacted by suicide. During the event we heard from Gwen Kapcia about “Reestablishing

Connections After Loss.” In addition, Barb facilitated a panel of survivors who lost loved ones to suicide as they shared their journey of challenges and triumphs. We were very honored to be a part of this annual event and be able to provide support to those navigating grief. If you are in need of local grief and loss resources, please contact us at (313) 846-3718.

Looking Back: Zero Suicide Summer Speaker Event

By Ashley Fairbanks

"Telling our lives is important for those who come after us, for those who will see our experience as part of their own historical struggle." – Poet Linda Hogan, Chickasaw Nation

Suicide continues to be a taboo subject in our society and within indigenous communities, which is why the work being done by Zero Suicide and the Sacred Bundle Project at AIHFS is so vital. One of the most powerful ways to break down stigmas attached to suicide is by hearing the lived experiences of loss survivors, as well as those on the ground dedicated to researching such a divisive topic. Keeping this sentiment in mind, Zero Suicide invited two speakers with vastly different experiences working in suicide prevention spaces as it relates to indigenous and first nations peoples. On July 16th, Zero Suicide hosted an in-person event to community members called Suicide Prevention & Strategies in the Community with guest speakers Michael Kral and Donna Wolff. This date and event was also significant as it was the launch day of the national roll out of the suicide and crisis call/text line 988.



Long time AIHFS collaborator and Wayne State University Associate Professor Michael Kral was first to present. Kral is an Anthropologist and Psychologist whose main area of research has been indigenous well-being and suicide prevention. For a year during his 25 years of research, Kral lived in the Nunavut region of the Arctic Circle (which is the largest indigenous land plane in the world) amongst the Inuit population. According to Kral, that area of the Arctic Circle has the highest rates of suicide in the world – approximately 300 people per 100,000, compared to in the U.S. where the statistic is 15 people per 100,000. Unfortunately just like in the United States, suicide is one of the highest causes of death for indigenous youth aged 14-24 in Canada. During Kral's time with the Inuit, he helped the young people of the region to re-open their Youth Center. Since the re-opening of the center, Kral reports that the youth suicides in that area went down by 68%. Kral's work helps to highlight the role that culture and community have in preventing suicides among the Inuit and within Indian Country at large.

Our second presenter, Donna Wolff of the Santee Sioux Tribe came to us from Norfolk, Nebraska. Her presentation focused on the importance of talking about mental health as indigenous people, and as a suicide loss survivor herself. Wolff lost her son Zebulun



AMERICAN INDIAN Health & Family Services

BEHAVIORAL HEALTH

Looking Back: Zero Suicide Summer Speaker Event (cont.)

at age 18 to suicide in 2009 and has spent her time since working in suicide prevention spaces. Not only has she founded the North East Nebraska Suicide Prevention Coalition, but she is also a certified QPR trainer, certified CONNECT trainer through NAMI New Hampshire, Suicide TALK trainer, SAFETALK certified trainer, ASIST (Applied Suicide Intervention Skills Training) certified trainer, AFSP

(American Foundation Suicide Prevention) facilitator for support groups for adults/teens, and a AFSP Talk Saves Lives trainer. Through her presentation, Wolff detailed Zebulun's life, legacy, and discussed the mental health struggles he was enduring at the end of his life. By sharing her and her son's story, Wolff uses her own journey to help elevate the importance of discussing mental health with our families and community, no matter how difficult or awkward it may be.



If you were unable to attend this event and

would like to see the entire presentation, we have provided videos from this event on our agency YouTube page (youtube.com/@aihfsnich). While you are there, please watch the other amazing videos from years past to see the legacy AIHFS continues to create. American Indian Health and Family Services provides wonderful community centered events throughout the year. We urge you to please attend some of the wonderful programming our agency provides and is always highlighted in our weekly newsletter. Miigwetch!



Zero Suicide Addresses the Veteran Community

"Thank you for your service" is a phrase often said to those who have served our country. It expresses gratitude and acknowledges the sacrifices made by men and women of the military. Zero Suicide strives to expand our services and support across as many communities as possible, including the Veteran community.

It is essential that we make reaching the Veteran population a priority. In doing so, we show our appreciation for their service. We also increase suicide prevention efforts as a whole. A striking number of suicides occur among those who have served in the military. In 2019, the rate of suicide in Veterans was 52.3% higher than that of non-Veteran adults. This is largely in part due to mental health issues that may arise from experiencing combat, issues related to deployment, difficulty transitioning back to civilian life, and many other challenges faced by Veterans. Oftentimes, depression and substance use disorders affect those attempting to cope with their experiences. Another mental health condition we often see in Veterans is Post-Traumatic Stress Disorder (PTSD). It is important to recognize that not all combat Veterans will go on to develop PTSD. It is equally as important to understand that those who do develop this condition are profoundly impacted by its effects.

The United States Department of Veteran Affairs (VA) is doing an excellent job of trying to address these concerns faced by Veterans. For example, the

VA has put initiatives in place for suicide prevention, focusing on identifying those at risk and collaboratively making plans to keep them safe. Though the VA is a helpful resource for those who have served in the military, many Veterans will choose to receive care from other agencies as an alternative option. Zero Suicide and AIHFS can offer services to Veterans such as comprehensive mental health screenings, behavioral health care, in addition to culturally-based services. As shown by our holistic approach, AIHFS has the opportunity to support Veterans in a unique way.

This is especially important because we are seeing an increasingly high rate of American Indians and Alaska Natives serving in the military. Since 9/11, the percentage of people serving in the military was higher in Native Americans than it was in any other racial or ethnic group. It is therefore crucial that these individuals have an awareness of and access to culturally-appropriate care.

In order to increase our presence in the Veteran community, Zero Suicide has been working hard to collaborate with the VA and other Veterans organizations. Our goal is to identify those adults of Southeastern Michigan who are in need of mental health and suicide care, and connect them to appropriate resources. Reaching Veterans is imperative to achieving this goal. We thank the ones who have stood up for our country by standing up with them.

By Jordan Wells

https://www.mentalhealth.va.gov/suicide_prevention/index.asp

<https://www.benefits.va.gov/persona/veteran-tribal.asp>



AMERICAN INDIAN Health & Family Services

BEHAVIORAL HEALTH

Warrior Strong: Women's Society, Men's Society & Drum Social Night

By Shelly Nimocks-Hinshaw

Have you ever been part of a group of people that move, support & care about you? Up to 9 years ago, I would say.... NO. I joined Women's Talking Circle as a distraction from my daily life and a need to get out more. I talked, ate, laughed and crafted with women who have come and gone.

As time went, I learned about another AIHFS group known as Men's Talking Circle which shared the same values. This did my heart good and I worked with both groups as my path started to change. By this time, I started working at the agency and became the facilitator of Women's Talking Circle and occasionally working with Men's Talking Circle. This was the best choice I ever made and I am proud to continue to facilitate Women's Society till this day.

There is always a challenge to keep groups going: weather, low numbers, lack of activities, etc. So AIHFS staff formed a committee to assist in building up numbers for both groups. We decided to change the time, days and focus to ground them more in traditional teachings.

Warriors back in the day formed societies to provide fair decisions, food, safety, protection, and care of the community. Warriors are strong, brave, resourceful, capable people. They are the backbone and they are committed to the community as a whole. We are those warriors. We do far more than just talk, which prompted our name change from Women's & Men's Talking Circle to Women's & Men's Society.

Drum Circle was born from these groups in effort to provide even more traditional teachings. We meet for drumming, crafts, & socialization on the 4th Wednesday of each month. Both groups socialize together as the men drum. Food, friendship, reminiscing, sharing ideas and crafts bring us together adding another level to our groups.

Men's Society meets on Wednesdays @ 5:30-7pm, & Women's Society meets on Thursdays @ 5:30pm-7pm. Drum Circle meets on the 4th Wednesday of the month @ 5pm.

All are invited to these groups to experience food, friendship and community. Come join us!

COMMUNITY WELLNESS

Youth Program 2022 In Review

By Nechelle Laferriere

There's an old saying "practice makes perfect" but perfection is impossible to achieve. Therefore, I like the statement "practice makes improvement" because all a person can do is make the necessary improvements to become better. That's what my team and I did, we made a lot of improvements in 2022 for the youth program. We wanted a comfortable, laid back safe haven for youth to return to. At the beginning of the year, we had 7-9 youth. Jessica and I knew we needed to get more Native youth active in the community.

We went to work planning a BUNCH of activities like Anishinaabe cooking classes, movie nights, ice skating, we even tried to start a youth bowling league that quickly rolled out the door. (Get it, rolled out the door...haha!) The best way to reach our youth was to extend summer day camp from a few weeks to 10 fun, action packed, culturally relevant weeks. We quickly went from 7-9 registered youth to 22 registered youth, averaging 16-18 active participants the whole summer.

It didn't stop there! Youth Program kept going. We kept improving and reaching our youth while finding ways to increase



family participation. Youth Program hosted a school supply/backpack and food giveaway for about 100 families. As summer ended our creativity peeked. Youth program hosted a photography workshop with a local Detroit photographer. AIHFS hosted along with our Laskey partner a self-care workshop featuring a panel discussion about mental health and the importance for young people to know that their mental health is just as important as their physical health.



As fall programming approached, we knew that we wanted to leave some lasting impressions on our youth. We took things up a notch by partnering with more Detroit businesses and organizations like University of Michigan Detroit Initiative to have college students mentor the youth. Youth Program partnered with local artist Candice Meeks for a painting workshop. Youth participated in the Skillman Foundation listening tour to chat with local youth about identity, culture, and every day challenges a Native youth would face. Youth Carrie Boyd was selected to create a canvas reflecting the Listening Tour youth conversation.



AMERICAN INDIAN Health & Family Services

COMMUNITY WELLNESS

Youth Program 2022 In Review (cont.)

Though practice might not make perfect it has made our youth program credible, culturally relevant, and diverse. We're proud of what our youth has learned and have taken with them. Youth Program ended 2022 with 25 youth registered, 12 families cared for, and 10 new partnerships. Here we come 2023!



2022 Healthy Start Highlights

By Candice Meeks

2022 has been a year of transition and growth for Healthy Start. Healthy Start welcomed new staff Healthy Start Program Coordinator Candice Meeks in August 2022, then our Home Visitor Salli Wabsis (Little River Band of Ottawa Indians) in January 2023. In 2022 Healthy Start transitioned back to in-person home visits and it has been wonderful seeing our clients.



Healthy Start has served 114 clients including prenatal and postpartum parents and children ages 0 to 5. Healthy Start enrolled 20 new clients, three being fathers. We've launched a virtual Women's Support Group held every Wednesday at 1pm. The support group was created by mothers to share their stories and resources while providing support to each other.

In March of 2022, Healthy Start received a grant from Postpartum Support International that allowed AIHFS to sponsor Postpartum Doula training. In April 2022, Healthy Start distributed coats and other winter gear to families that were donated by the Ford House. Healthy Start held a virtual safety week touching on different topics related to infant and child safety and fire safety prevention. Throughout the year, Healthy Start hosted various playgroups in person and virtually both in English and Spanish. Playgroup will resume in early spring so keep an eye out for the flier.

The new Healthy Start staff was eager to connect with families to provide support and resources. Many families received needed items like clothing, car seats, diapers, formula, and wipes. Staff aided and encouraged new mothers to breastfeed but if they are unable the WIC program assisted by providing formula. Staff offered aid in resume creation and job searching resulting in a mother get a job in the Detroit Public Schools system as a lunch aide.

The Healthy Start staff is excited to collaborate with internal programs and external partners in 2023 to promote and improve health outcomes for families.

For more information about Healthy Start Please contact Candice or Salli at cmeeks@aihfs.org or swabsis@aihfs.org





AMERICAN INDIAN Health & Family Services

COMMUNITY WELLNESS

Make An Impact



By Casey L. Brant

We all have busy lives so it can be hard to find time to volunteer. However, the benefits are ENORMOUS. The right match can help you find friends, connect with the community, learn new skills, and advance your career.

Are you looking to help protect your mental health? VOLUNTEER! A 2020 study conducted in the UK found those who volunteered reported being more satisfied with their lives and rated their overall health as better. The pandemic has led us to the practice of social distancing resulting in feelings of stress and isolation in many of us. Some groups like our Elders have been hit particularly hard.

At a distance volunteering can make a difference. According to that same study people who start to volunteer become happier over time. Volunteering can help boost your sense of social connection especially for adults and for our elders it's a way to stay connected to others. It can also be rewarding to help or share your knowledge with those around you.

AIHFS has volunteer and unpaid internship opportunities. If you're looking to test out newly acquired skills or gain some work experience an internship might be an option. Our youth and food programs could always use support. Due to staff restrictions the medical clinic is not currently accepting interns or volunteers at this time. AIHFS is happy to support our community. For all volunteer and intership inquiries email volunteer@aihfs.org.

Solstice Celebrations

By Casey L. Brant

There are two solstice celebrations every year one in June and one in December. The June solstice marks the longest day north of the equator and the shortest day in the south while the December solstice marks the shortest day north of the equator and the longest day in the south. Summer solstice marks the beginning of summer while the December solstice marks the start of winter for us.

Why are only summer and winter celebrated, you ask? Well, a long time ago our ancestors only recognized these two seasons there was no autumn or spring because the solstices occurred in the middle of the season thus they are sometimes referred to as midwinter and midsummer. Solstices are a time of celebration.

For instance, during winter solstice food and shelter are limited. It is the shortest and darkest. Our ancestors celebrated with light, prayers, storytelling, community coming together and cooperation to get through those hard months ahead.

While summer solstice is a time filled with love, growth, and gratitude because we've survived another winter. Solstices are a time of new beginnings hopefully filled with achievement and victory.

Nia:wen for allowing me to share my belief of what solstice is as how it was told to me by my dad, Arthur Brant, Mohawk.





AMERICAN INDIAN Health & Family Services

HIGHLIGHTS

Wellness Walk



By Shelly Nimocks-Hinshaw

Before we begin the powwow festivities every year, we start it out with the wellness walk!

For the past 9 years I have led this healthy event and we have walked around the powwow perimeter laughing and dancing the mile away. Every year we have dressed up wearing boas, hats, glasses, clown noses, and any fun gimmick I can come up with. I like to spice

things up and entertain as we go ranging from trivia questions to singing as loud as we can to the music. It's a chance to meet new people and get to know community members better.

At the finish line, we usually follow up with a group picture at the end. It's a fun way to kick off the powwow and I look forward to it every year! Miigwetch to our community for coming out and walking a moccasin mile with me!



Pow Wow



By Casey L. Brant

Dancers from Michigan came together after a 3-year absence to dance and celebrate good medicine at the AIHFS Powwow in the D on August 27, 2022. As Grand Entry awaits at 12pm dancers, fidget one last time with their regalia of beautifully bright colored beads and feathers so that every piece catches a spectators' eye. Arena Director, Brian Moore, raises his arm and calls for Grand Entry to begin. Master of Ceremony, Don Lyons, calls for host drum, Painted Rock, to sing and co-host drum, Southern Straight, to follow. The powwow had two Native food vendors selling Native American food and homemade jam and various Native American vendors selling their handmade crafts. Powwow in the D also had informational booths handing out community resources. Powwow in the D was a beautiful celebration of dancing and acknowledging Native American culture. CHI-MIIGWETCH to all those who attended this year's powwow. We hope to see you next year!





AMERICAN INDIAN Health & Family Services

HIGHLIGHTS

CARF Accreditation

AIHFS was able to successfully obtain a Three-Year CARF Accreditation. Our accreditation will extend through November 30, 2025.

Accreditation status is for:

- Health Home: Comprehensive Care (Adults)
- Health Home: Comprehensive Care (Children and Adolescents)
- Outpatient Treatment: Integrated: SUD/Mental Health (Adults)
- Outpatient Treatment: Integrated: SUD/Mental Health (Children and Adolescents)

As noted in our Accreditation Letter, "This achievement is an indication of your organization's dedication and commitment to improving the quality of the lives of the persons served. Services, personnel, and documentation clearly indicate an established pattern of excellence and conformance to standards."



Bemidji Awards

AIHFS received the Director's award at the Annual Bemidji Awards Ceremony. The prestigious honor was presented by the Bemidji Area Director, **Dr. Daniel Frye**, in recognition of the agency's exemplary work in serving our community over the course of the year.

AIHFS's CEO, Chasity Dial, and COO, Glenn Wilson, were the recipients of individual "Special Recognition Awards" from the Area Director. Chasity and Glenn were given awards for "Operational Excellence, Bemidji Area." The distinguished award was in recognition for their involvement in facilitating a critical needs vaccine clinic in conjunction with the Area Office. AIHFS operationalized the clinic and were able to directly assist in vaccinating over 1,300 community members.

The agency was also awarded the Indian Health Service National "Director's Award." We were recognized for our distinction in being a leader in national urban services and affairs over the previous year and the extensive success in providing testing and vaccination services while continuing to provide full-service delivery to indigenous individuals in Michigan and the Bemidji Area.



Glenn Wilson, Dr. Frye, Chasity Dial

Recognition



Chasity Dial, CEO, meets with U.S. Secretary of the Interior, Deb Haaland.



Chasity Dial, CEO, meets with Detroit Mayor, Mike Duggan.



AMERICAN INDIAN
Health & Family Services

ADMINISTRATION

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Executive Staff



Chasity Dial, MPA
Chief Executive Officer



Glenn Wilson, MS
Chief Operating Officer



Waneta Assaf, BS
Director of Finance



Casey Brant, MS
*Director of Community
Wellness*



David Garcia, LMSW
*Behavioral Health
Director*



Jesse Klebba, DO
Medical Director



AMERICAN INDIAN Health & Family Services

ADMINISTRATION

Conferences



Michigan Tribal Health Directors Conference

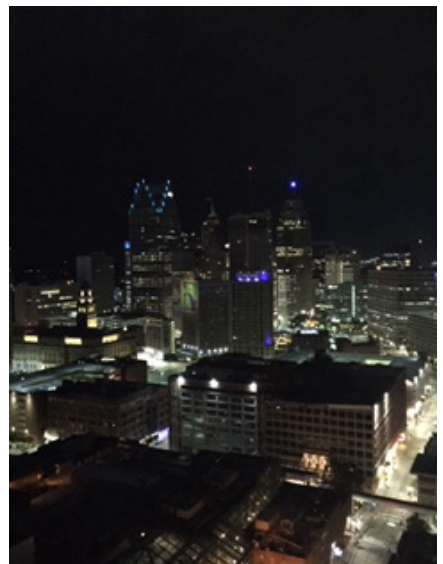
Starting to get back into the swing of things. Glenn Wilson, Chief Operating Officer, opens our first in-person meeting after pandemic restrictions are lifted for the Michigan Tribal Health Directors conference at Fire Keepers Casino and Hotel (April 2022). Glenn Wilson is not only the COO at AIHFS but he also serves as Co-Chair of the Michigan Tribal Health

Directors, which is comprised of health leaders from all twelve tribes in Michigan including our Urban Organization, American Indian Health and Family Services. We are very proud of his leadership, involvement and support.

First Annual Urban Conference

In collaboration with IHS Area Office, AIHFS hosted the first annual Urban Conference in the Bemidji Region. Leadership teams from the regional UIO's came together and were able to engage in strategic planning discussions, contractual technical assistance, and robust explorations of the challenges and barriers for Urban Organizations and develop collaborative solutions.

Urban organizations in the Bemidji region will continue to gather on an annual basis, the next conference will be in Milwaukee in April 2023.



Employee of the Month



JANUARY: Dr. French



APRIL: Jessica Boyd



SEPTEMBER: Jordan Wells



FEBRUARY: Iris Brauer



MAY: Nechelle Laferriere



OCTOBER: Ashley Fairbanks



MARCH: Latrese Windham



JUNE: Violetta Donawa



JULY: Dustin Sample



NOVEMBER: Adon Vazquez



AMERICAN INDIAN Health & Family Services

ADMINISTRATION

New Building Site

New Health & Wellness Center Update



By Jermaine Miller

American Indian Health & Family Services New Health & Wellness Center once completed will serve upwards of 5,000 of the 50,000 Native Americans from multiple Tribes living in this region as well as other underserved families and individuals. Our vision is to empower and enhance the physical, spiritual, emotional, and mental wellbeing of American Indian/Alaska Native individuals, families and other underserved populations in Southeast Michigan.

With the help of Seven Generations Architecture & Engineering AIHFS continues to make progress on the conceptual design and programming of the new building & campus. The New Health and Wellness Center will be located in Southwest Detroit and will seek to enrich the lives of all people who will use the newly designed space.

Planned departments will include Primary Care, Dental, Pharmacy, Behavioral Health, Imaging, Health Education, Youth Programs and Administrative Offices. The New AIHFS Campus Amenities will include Pow Wow Grounds, Sweat Lodge, Urban Gardens and Multi-purpose areas for community events. Our culturally grounded approach to health and family services has been a way to connect with the population that we serve. The New Center will provide numerous Health & Wellness Services under one roof by addressing the needs of those underserved by the existing healthcare system.

Land Blessing



4559 Wesson St. Detroit MI

Among many Indigenous Peoples, a Land Blessing ceremony is a meaningful and important step to reconnect with the land we occupy.

It is a commonly held law among Algonquin speaking people that we should not dig into the Earth past a shovel's depth, however, sometimes this is a necessity.

In order to honor both our new beginnings and the land it will occupy, on August 26th we conducted a blessing of the land on which will be our future site.



Facilities Upgrades

Admin. Front Porch



Thurman Bear Basement





AMERICAN INDIAN Health & Family Services

DEVELOPMENT

First Annual Charity GALA



Abigail Echo-Hawk, Edgar Villanueva, & Chasity Dial



Keith Knox, Edgar Villanueva, Abigail Echo-Hawk, Jeff Nielson & Charles Colvin

By Kimberly Kleinhans

On October 6, 2022, AIHFS hosted our 1st Annual Charity Gala at the Roostertail. The event featured a fireside chat with Edgar Villanueva, moderated by Abigail Echo-Hawk. Please enjoy these gala photos taken by AIHFS' own John Marcus. Save the date for our 2nd Annual Charity Gala on October 5, 2023, with keynote Tatanka Means at the Garden Theater in Detroit!



Violeta Donawa, Yodit Mesfin Johnson, Frances Wang, Will Jones III & Judy Nimer Muhn



Lorna Elliot-Egan, Chasity Dial, Sophia Locklear, Abigail Echo-Hawk & John Lemire



Stephanie Sokolowski, Steve VandenBussche, Shawn Lettow & Michael Hawarny

*more pictures are on our website at: <https://aihfs.org/charity-gala-2022/>

Donor List

Monthly Donors

Alexa Gallo
Alicia Fukada
Allye Gaietto
Ann Read
Audrey McPartlin
Carmen Camacho-Platas
Cory Kaufman
Dawn Matta
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Loren Nosan
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Pamela Drummond
Robert Biegun
Rochelle Koivunen
Shira Hammerslough
Suad Abdul Khabeer

Foundations

Community Foundation
for Southeast Michigan
(CFSEM)
Jim Perkinson & Lily Men-
doza Fund
Kresge Foundation
Metro Health Foundation
Michigan Health Endow-
ment Fund
Skillman Foundation
The James Foundation
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ble Foundation
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Washtenaw United Way

Organizations

AIHFS Youth Programs
Ann Arbor Art Center
(A2AC)
Detroit Zoological Society
Jessie Pauline Collins of
C.R.A.F.T.
Michigan DNR Outdoor
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AAA- The Auto Club
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KFC (KBP Investments)
Kroger- Community Re-
wards
Legends of Time
Levi Strauss & Company
Little Caesar Enterprises
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Florist
Mario's Restaurant
Mark Ridley's Comedy
Castle
MJR Digital Cinemas
Moore Beads
Moosejaw
Motor City Float
Mutual of America
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Services, LLC
Nino Salvaggio
Nothing Bundt Cakes
Ocean Prime
Oriental Trading Company
PayPal Giving Fund
PCRK Group LLC
PriorityHealth
Ropa Artesanal
Rotterdam Jewelers
Royal Oak Golf Center
Screams Ice Cream



AMERICAN INDIAN Health & Family Services

DEVELOPMENT

Donor List (cont.)

Sephora/ Pink Lotus
Seven Generations
Soaring Eagle Hotel and
Casino
Southeastern Native Art
St. Julian Winery
Starbucks Foundation
Super Car Wash
Target
The Whitney
Thunderdome Restaurant
(Bakersfield Tacos)
USPBL
Vida Clinical Studies, LLC
Vivio's
Zingermans

Individuals

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Amira Malik
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Reaman
Lauren Church
Lauren Gaber
Laurie Kelly
Leah Kuehn
Leo Nouhan
Lily Chen
Linda Tam
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Margaret Gorman
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Nicole Ward
Nyla Perrin
Olivia John and Gerard
Heath
Pamela and Terrance
DeGeyter
Paquetta Palmer

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Robert and Lourdes
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Todd Ziegler
Tracie Moore
Trevor Johnson
Valeriya Epshteyn
Veronica C. Sanitate
Vic Lupu
Violeta Donawa
Warren Hollier
Will Jones III
William R. Wilt and Su-
zanne M. Regan

FINANCE

Financial Audit

Doreen Mayhew conducted our annual Single Audit and Audit of Financial Statements, comprising our financial position as of September 30, 2022 and 2021.

Specific to the Single Audit, AIHFS was found to have no material weaknesses or significant findings. AIHFS has qualified as a low-risk auditee and in all material respects are in compliance with all grant and Office of Management of Budget requirements.

Regarding audits of our financial statements, there were no material or significant findings. AIHFS has qualified as a low-risk auditee; financial statements present fairly in all material respects; are financially solvent and are in accordance with generally accepted accounting principles (GAAP).



AMERICAN INDIAN Health & Family Services

FINANCE

Financial Audit (cont.)

AMERICAN INDIAN HEALTH AND FAMILY SERVICES OF
SOUTHEASTERN MICHIGAN, INC.
(A Nonprofit Organization)

SCHEDULE OF FINDINGS AND QUESTIONED COSTS
SEPTEMBER 30, 2022

SECTION I

SUMMARY OF AUDITOR'S RESULTS

Financial Statements

Type of auditor's report issued: Unmodified

Internal control over financial reporting:

Material weakness(es) identified? ☐ Yes ☒ No

Significant deficiency(ies) identified that are not considered to be material weakness(es)? ☐ Yes ☒ None reported

Noncompliance material to the financial statements noted? ☐ Yes ☒ No

Federal Awards

Internal control over major programs:

Material weakness(es) identified? ☐ Yes ☒ No

Significant deficiency(ies) identified that are not considered to be material weakness(es)? ☐ Yes ☒ None reported

Type of auditor's report issued on compliance for major programs: Unmodified

Any audit findings disclosed that are required to be reported in accordance with the Uniform Guidance, 2 CFR 200.516(a)? ☐ Yes ☒ No

Identification of major programs:

Assistance Listing Number(s)

93.243

Name of Federal Program or Cluster

Substance Abuse and Mental Health Services Projects of Regional and National Significance

Dollar threshold used to distinguish between Type A and Type B programs:

\$750,000

Auditee qualified as low risk auditee?

☒ Yes ☐ No

AMERICAN INDIAN HEALTH AND FAMILY SERVICES OF
SOUTHEASTERN MICHIGAN, INC.
(A Nonprofit Organization)

SCHEDULE OF FINDINGS AND QUESTIONED COSTS
SEPTEMBER 30, 2022

SECTION II

FINANCIAL STATEMENT AUDIT FINDINGS

None.

How to Support AIHFS!

Only with your support can AIHFS continue to try to meet the physical, spiritual, emotional and mental wellbeing needs of Native American families and other underserved populations in Southeastern Michigan. Additionally, as a 501(c)(3), your generous support is tax-deductible.

Won't you make a donation today to help us get closer to meeting these needs?

To donate by check or money order
please send payable to:

American Indian Health & Family Services
P.O. Box 810, Dearborn, MI 48121-0810

To donate online:
www.aihfs.org/donate/

Or, use this QR Code
>>>



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AIHFS
4880 Lawndale
Dearborn, MI 48210

**Return Service
Requested**

Mission:

Empower and enhance the physical, spiritual, emotional, and mental wellbeing of American Indian Families and other underserved populations in southeastern Michigan through culturally grounded health and family services.

Vision:

AIHFS will be nationally recognized as a leading Urban Indian health and community center supporting healthy Native people, families and communities.



AMERICAN INDIAN
Health & Family Services

Learn more at aihfs.org