



# THE CENTER OF HEALTH

*A monthly newsletter from the Santa Ynez Tribal Health Clinic*

*July 2021*

**SYTHC Mission:** *To specialize in the highest standard of quality health care through modern medicine and cultural traditions. We provide comprehensive services to all tribal members as well as to members of the community, through medical, dental, behavioral health, and outreach services. We pride ourselves in our friendly, willing, compassionate, and nurturing service. Through our commitment to continuous quality improvement in care, patient satisfaction, and community health, we make a difference in the lives of those we serve.*

## *PLANNING FOR OUR FUTURE*

Welcome to the first edition of SYTHC's monthly newsletter, *The Center of Health*. This is an exciting time for the clinic. Summer has begun and marks a new beginning for our clinic in a variety of ways: We are coming out of the strict Covid-19 restrictions that have governed our interactions for more than a year; the clinic is becoming a fully incorporated component of the overall Chumash enterprise; and the clinic community is adapting to a change in leadership in the form of a newly created position of Chief Health Officer, a role which I am profoundly honored to fulfill.



*Richard W. Matens  
Chief Health Officer*

With so much change happening, it is an opportune and critical time to plan the future of SYTHC. With a goal of improving health equity and the quality of life for our community, the clinic will engage in a 3-5 year strategic planning process beginning in August. We will be using an approach called **SOAR** which focuses on the **S**trengths, **O**pportunities, **A**spirations, and **R**esults that we identify throughout the entire process. Jeanne Pritt, CEO of People Outcomes, LLC, will facilitate the process and be the principal developer of the document; however, we all will be the authors of the plan.

The first phase of the planning process will occur the week of August 22nd when Ms. Pritt will spend a week onsite at the clinic and other Chumash properties conducting one-on-one interviews with a cross-section of stakeholders in the clinic, including: patients, frontline and management staff, the Health Board, Business Committee Members, as well as representatives from the C Suite. These individual interviews will provide the foundation for a two-day planning event in which senior management and the Health Board will participate during the month of September. By mid-October, an initial draft of the planning document will be prepared for review by the Health Board and the Business Committee for comments and edits. The goal is to have a final draft of the Strategic Plan by the end of October.

This is truly an exciting time for the SYTHC community, and I am both humbled and excited to be a part of such an amazing opportunity.



## Covid-19 Vaccination and the Delta Variant

*Joseph Carter, P.A.*

Since COVID-19 vaccines were released in December of 2020, Santa Barbara County has successfully fully vaccinated 51.09% of its eligible population. The support in the community and state to vaccinate has allowed us to finally open again and gain some normalcy back in our lives. However, the concern of COVID-19 is still amongst us. While confirmed cases have been at an all-time low since this pandemic began, ongoing transmission of COVID-19 continues, and so does the likelihood of viral mutations or variants of the virus. Currently, the most concerning of these variants is the Delta variant (also known as the B.1.617.2 or the India variant).



The Delta variant is up to 80 percent more transmissible than other current variants. It has rapidly overtaken other variants and has become the most commonly detected in many places, including a surge in Los Angeles County. It is unknown at this time if the Delta variant is deadlier than current variants.

How effective are our vaccines against this new concerning variant? Based on in vitro neutralization studies performed by Moderna their vaccine was proven effective against all variants, including the new Delta variant. Another recent study showed the Pfizer vaccine was 84% effective against the Delta variant after two doses, however this is down from 95% efficacy against earlier variants. Dr. Scott Gottlieb, the former Food and Drug Administration Commissioner, reportedly said the Johnson & Johnson vaccine appears to be about 60% effective against the delta variant.

With this, all vaccines have still been proven effective in drastically reducing the seriousness of disease and reducing the need for hospitalization. Some immunity and coverage for this virus decrease the likelihood of it continuing to mutate within the community.

We continue to strongly encourage our patients to get vaccinated. If you are interested in making a vaccine appointment or have any concerns or questions about the vaccine, please talk with the front office staff about making an appointment.



## Using Storytelling to Improve Pediatric Oral Health

*Mike Savidan, DDS*



Professors from the Boston University School of Dental Medicine recently published a research article, which concluded that traditional storytelling is an effective way to communicate positive oral health messages to children. American Indian and Alaska Native (AI/AN) communities are known to suffer from much higher rates of early childhood caries (ECC) than any other racial/ethnic group in the United States and these specific populations were the focus of the Boston Univ. research study. The authors created their own story, *Coyote and Little Man*, and studied the effectiveness of storytelling as a means of improving oral health and reducing the rates of tooth decay in AI/AN communities.

Early childhood caries (ECC) is a chronic and infectious disease of childhood that can start at a very young age, often from bacteria being passed from mother to child. ECC can begin soon after baby teeth develop and can cause future problems with eating, sleeping, and learning. AI/AN parents often face unique obstacles (ie. distance to treatment, lack of transportation, shortage of dental clinics, cost) that can limit their access to preventive and restorative care for their children's teeth, leading to increases in ECC in these communities.

American Indians and Alaska Natives have a rich storytelling tradition, known for communicating core values and belief systems important to their tribal community. In *Coyote and Little Man*, the "Coyote" tries to trick other animals into allowing "Little Man" (a bacteria that can cause cavities), to live inside of their mouths to relieve pain. *Coyote and Little Man* has a target audience of all AI/AN community and family members and recognizes that many of these children are being raised in diverse households. The story is written in a way that makes oral health recommendations easy to understand, and is done so in a culturally-sensitive manner.

The story highlights the importance of the following oral health recommendations:

- Visit a Dentist 2x/year
- First dental visit by age one
- Adults should brush 2x/day
- Fluoride toothpaste
- Less sugary foods
- Fluoride varnish 2-4x/year for children
- Bacteria transfer can happen when sharing foods/utensils
- Wipe baby's gums or brush your child's teeth 2x/day
- Less sugary drinks
- Only drink water before bed time

The SYTHC Dental Department encourages everyone to read *Coyote and Little Man*. The story can be found using the following link:

[https://www.cdc.gov/pcd/issues/2018/pdf/Heaton17\\_0305Appendix.pdf](https://www.cdc.gov/pcd/issues/2018/pdf/Heaton17_0305Appendix.pdf).

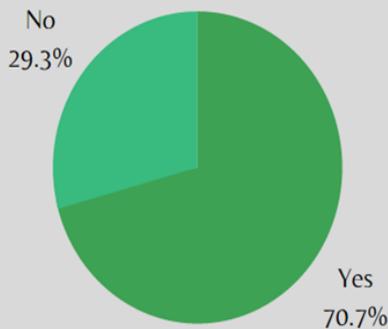
## Gathering Our Own Voices

**Krista Armenta-Belen, DBH**



When the Behavioral Health Department at our Santa Ynez Tribal Health Clinic sought out a prevention grant in 2015, we wanted to be able to create programs that supported youth and supported mental health in our community. We also wanted to be able to get more personalized information about our community to inform our programs and services. Five years later, we are so grateful for the input, participation, and knowledge we have received from our community. It has truly helped us to understand the needs of our people and how we can best spend our time to support positive change. One BIG way we have carried this out is through community surveying. Each year we gather survey data about mental health and suicide prevention from over 130 Native youth, young adults, and adults in Santa Barbara County. People participate through pen and paper, online, and even zoom survey collection methods to help us receive feedback. Your voices are the most important and this is what you said last year:

When asked, at any time in the past, have respondents ever visited a health professional for a problem with their emotional or mental health, all respondents cited:

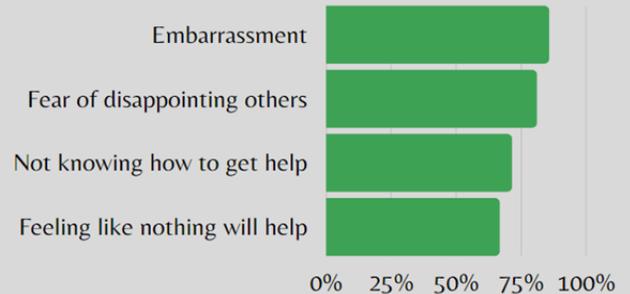


**YOU ARE NOT ALONE**

### WHAT CAN WE DO?

1. Educate yourself and others
  - a. Attend trainings like ASIST 4/1 & 4/2, ACEs 3/26, etc.
  - b. There is help out there - there is no shame in needing more support
2. Check in with one another
  - a. Have these conversations - you are not alone
  - b. Attend Our Circle of Hope support group
3. Reach out to us!
  - a. Join the AHO Intertribal Youth Council
  - b. Follow us to learn about our programs - we are here for you!

When asked about perceived barriers preventing youth and young adults at risk of suicide from seeking help, youth respondents cited these barriers:

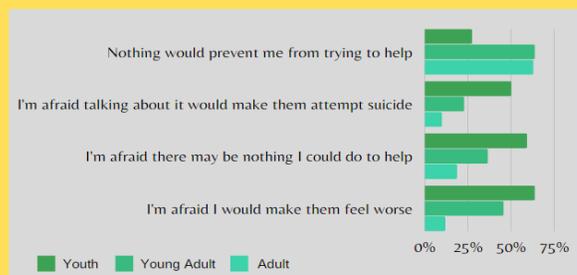


### WHAT WOULD YOU DO?

Interventions - endorsed by half or more respondents from all age groups combined.

- Encourage them to seek help from a mental health professional
- Stay with them until they could get help
- Provide them with a phone number for a crisis hotline or other resources
- Tell them I am worried about them

A majority of respondents from all age groups combined indicated that nothing would prevent them from trying to help someone who was thinking about suicide. For those who listed barriers that would prevent them from helping, over 1 in 4 noted that they would be afraid that there would be nothing they could do to help.



# COMMUNITY SERVICES

## New Employee in Community Services

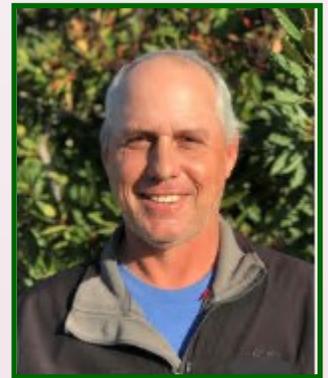
**Caren Romero**



**We have added a new smile and face to our Community Service Department: Chris McCool. Chris will be delivering meals on wheels and be providing transportation to our Tribal Elders. I have asked Chris to share a little bit about himself with everyone so that you can get to know him.**

My name is Chris McCool. I am a Santa Barbara transplant to the Santa Ynez Valley since 1995. My father, Thomas McCool, and my mother, Catherine McCool, had my two brothers and I move to Santa Barbara in 1985 from a town outside of Philadelphia, Pennsylvania for a job opportunity.

I met my wife while attending San Marcos High School where we were good friends and we graduated together in 1989. We met up a couple of years later and that's when our journey together began. My wife is Jennifer McCool and we have three wonderful children. Our oldest is Emma McCool who has studied theatre and social justice, graduating from the University of San Francisco and now works for SF MOMA (Museum of Modern Art) and continues her love of theatre staying involved in stage management in several theatres in the city. Our other daughter, Jessica McCool, works for the tribe and is a graduate of Chapman University where she studied Sociology, Environmental studies, and Italian. She loves giving back to her community and is involved in many things including the Tribal Youth Council and part of the Suicide Prevention Program. Our son, Keegan McCool, has attended SBCC and is looking forward to transferring to a college in Oregon in the fall, where he has studied computer science and Japanese. In high school he was on the tennis team and also a part of the theatre program.



My wife's grandfather was Art Lopez, and her father was Mike Lopez, and we miss them both. Family is very important, and we enjoy hiking, going to see the sunset, listening to music, playing tennis, cards, or just being together.

I started at the Clinic with the Covid -19 vaccination team and was asked to stay on as a permanent employee with the Community Services team. I enjoy everyone that I have met and am grateful to be a part of the Sanaa Ynez Tribal Health Clinic. I am getting to spend time with the elders, go for walks, learn Samala, and everyone has made me feel very welcome.



While most kids on summer break are planning their next sleepover or swim party, many parents are already thinking about the preparation for the next school year. There is more than just stocking up on child's favorite school supplies, it is scheduling your child's physical with their provider. It is often confusing to know what is needed to start the new school year so here is a breakdown explaining the differences from an annual physical versus a sports physical.

## ANNUAL/SCHOOL PHYSICAL

To begin, an annual physical will focus on your child's developmental, emotional, and social aspects of health, meaning your provider will review your child's overall health. Whereas a sports physical only focuses on their physical health. This annual physical will be a full assessment of your child's cognitive and social milestones to ensure your child is properly developing in those areas.

## SPORTS PHYSICAL

A sports physical, however, focuses on reviewing your child's current health status and medical history to ensure your child is healthy to participate in school activities. Your provider will review any pre-existing injuries and assess your child's current fitness level to determine there are no risks to participate in sports. Many times, your provider will ask you to return for a complete physical as this is only focused on one area.

## PREPARING FOR A PHYSICAL

To prepare for your child's physical, please check with the school to see if there are any forms that need to be completed by your provider. If there are, please print those forms and bring them with you to the appointment. If you do not bring these forms to your appointment, you may be required to schedule another appointment for these forms to be filled out. As your child's physical approaches, write down any questions or concerns you may have about their health and development so that you and their provider can discuss at the visit.

### What to bring to your child's physical visit:

- Physical Form from School (needs to be completed in pen)
- Immunization Record
- Child's Medications

## KINDERGARTEN AND 7<sup>TH</sup> GRADE REQUIREMENTS

While our providers recommend getting physicals annually, entering kindergarten and seventh grade have requirements you must meet before your child attends their first day of school. These two physicals also require some vaccines. Below is a list of vaccines required for both grades:

### Students Admitted to Kindergarten need:

- Diphtheria, Tetanus, and Pertussis (DTap, DTP, Tdap, or Td)
- Measles, Mumps Rubella (MMR)
- Hepatitis B (Hep B)
- Polio (OPV or IPV)
- Varicella (Chicken Pox)

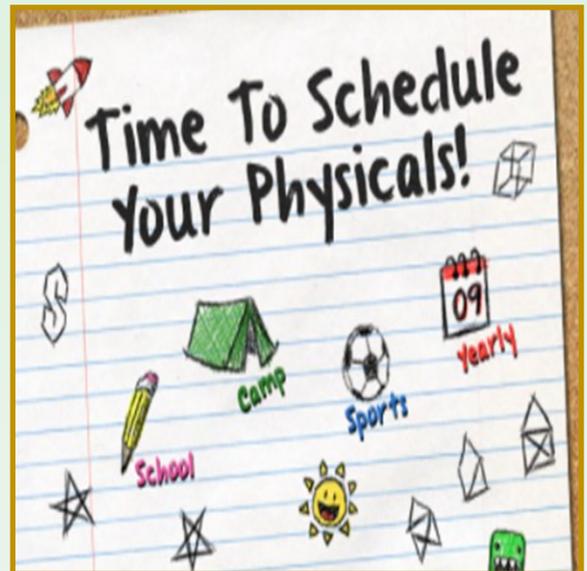
### Students Admitted to 7<sup>th</sup> Grade Need:

- Tetanus, Diphtheria, Pertussis (Tdap) booster
- Meningococcal Conjugate
- Human Papilloma Virus (HPV) option\*\*

Due to COVID, many children fell behind on their immunizations and it is important to take this time to catch up. As always, we ask that you show up on time or early to your child's visit as there are forms that may need to be updated. We are open for visits, Monday- Friday 8-5pm so please call the main Clinic line at (805) 688-7070.



Brianna Young, MHI



## Scams Targeting Older Americans

### Bob Jackson



Scams targeting older adults are becoming more creative. “Scammers stay on top of whatever is new, such as the popularity of Zoom, COVID-19 vaccines and online shopping,” says AARP’s Director of Fraud Victim Support, Amy Nofziger. Here’s a list of 8 scams currently happening widely:

**Zoom Phishing Emails:** The Scam: You receive an email, text or social media message containing the Zoom logo, telling you to click on a link because your account is suspended or you missed a meeting. Clicking the links can allow criminals to download malicious software onto your computer, access your personal information to use for identity theft, or search for passwords to hack into your other accounts. How to avoid: Never click on links in unsolicited emails, texts or social media messages. If you suspect a problem with your account, visit the real Zoom website at <https://zoom.us> and follow the steps for Customer Support.

**COVID-19 Vaccination Card Scams:** The Scam: A COVID-19 vaccination card contains your full name, birth date and information about the location where you received your shot. This valuable data, in the hands of Scammers allows for identity theft, breaking into bank accounts, receiving credit cards in your name, and a lot more. How to avoid: If you must notify friends and family about your COVID-19 vaccination, use a selfie with the generic vaccine sticker instead of your actual vaccination card.

**Phony Online Shopping Websites:** The Scam: Sophisticated fake sites can mimic the look and feel of real online retailers, which can fool even most tech savvy individuals. How to Avoid: You should never click an online ad to visit a retailer’s website. A good practice to implement into your online routine is bookmarking the URL’s of trusted shopping websites you visit often. Don’t waste time trying to determine if a web address is real or not, Scammers adapt and change them frequently; use your new list of trusted bookmarks instead.

**Celebrity Imposter Scams:** The Scam: Fans receive a social media message, email or text claiming they’ve won and just need to verify their account info by sending a small deposit up front. How to avoid: If you really win, you will not be asked to send money first. The simplest way to defeat this scam is to block incoming requests on your cash-transfer app. Remember the popular saying “If it sounds too good to be true, it probably is.”

**Online Romance Scams:** The Scam: Scammers typically target their romance marks off sites where no one is watching, like Google Hangouts, WhatsApp or Facebook Messenger. Eventually, they hit you up for money. How to avoid: Rule #1 – Never send money to someone you’ve never met in person. Rule #1a – Say NO to requests for suggestive selfies and videos. Scammers can and will use them to blackmail you.

**Medicare Card Scams:** The scam: Scammers offer perks like new cards with microchips and for a payment, they can move your beneficiaries up in line for COVID-19 related services. How to avoid: Medicare will never contact you (without permission) for your Medicare number or other personal information; nor will they call to sell you anything. Hang up the phone, shut the door and delete the email. Guard your Medicare information and never pay for COVID-19 vaccine; it’s free!

**Peer-to-peer (P2P) Payment Scam:** The Scam: It’s called “accidental transfer of funds” scam. A scammer sends you hundreds of dollars, then sends a follow-up message claiming it was an accident and requesting the money be returned. The transfer was real, but made with a stolen debit card. So, those funds will eventually be removed for your account and you’ll be out that money. How to avoid: Do not simply click “Accept”; scrutinize money requests. Be extra diligent and disable incoming requests altogether, and only use it for sending money. Enable it when someone you trust is about to send/request cash. Ignore a notice to return an accidental deposit & report incidents to the app’s support team.

**Account Takeover Scam Texts:** The Scam: Fake text messages are being sent alleging there’s trouble with your internet account, a credit card, bank account or online shopping order. They’ll want you to click on links and provide personal information. How to avoid: Do not click on email and text links that you haven’t asked for. Contact your bank or credit card Company to check for a problem. Installing security software on your computer and keeping it updated is crucial.

# ANNOUNCEMENTS

## Happy July Birthdays!



Mariela Borrayo	7/1
Magdalena Diaz	7/5
Elizabeth Valadez	7/7
Jeremy Espino	7/10
Rigoberto Barajas	7/18
Stephanie Brown	7/19
Jessica Camarena	7/24
Aubrey Bouza	7/29
Joseph Carter	7/31
Christopher Link	7/31

## Staff Anniversaries!

Erica Cayetano – 6 years

Magdalena Diaz – 3 years

Lauren Hicks – 12 years

Joe Carter – 2 years



## All Clinic Staff:

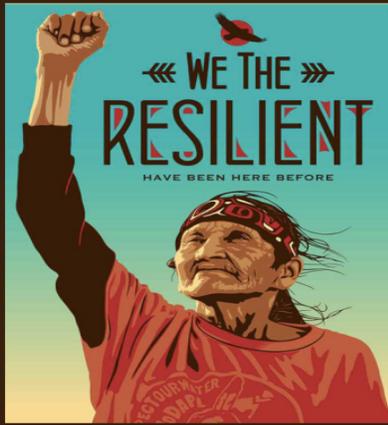
***On 7/13, there will be will be mandatory training at Elder Park***

# We Need Your Input!



## 2021 COMMUNITY SURVEY

Santa Ynez Tribal Health Clinic



ARE YOU:

- NATIVE AMERICAN
- WITHIN THE AGES 12-17
- LIVE IN SANTA BARBARA COUNTY - OR - RECEIVE SERVICES FROM THE SYTHC

Each participant will get a \$20 gift card!!

We need your input! Your anonymous answers will help us understand community opinions and attitudes about suicide prevention and allow us to create more supportive programming for our community.

FILL OUT INTEREST FORM FOUND IN OUR BIO ON INSTAGRAM OR FACEBOOK @AHOYOUTHOUNCIL, SCAN THE QR CODE, OR CONTACT JESSICA AT JMCCOOL@SYTHC.ORG.



SANTA YNEZ TRIBAL HEALTH CLINIC



### 2021 Community Survey

### 2021 Community Survey

- Native American
- 18 years or older
- Living in Santa Barbara County or receiving services from the SYTHC

We need your input - take our survey online!

Your anonymous answers will help us understand the community opinions and attitudes about suicide prevention among youth and young adults to create a more supportive program for our tribal community.

After the survey:

- Adult participants ages 25+
  - Entered into a raffle for a chance to win a \$30 gift card
- Young adult participants ages 18-24
  - Will receive a \$25 Amazon gift card

Fill out Interest Form found in our bio on Instagram or Facebook @ahoyouthouncil, scan the QR code, or contact Jessica at jmccool@sythc.org.



Send any questions or concerns you might have to Jessica McCool at jmccool@sythc.org

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