



Staff Photo from Native American Heritage Month Event



Bakersfield American
B·A·I·H·P
Indian Health Project

NEWSLETTER

www.BakersfieldAIHP.org

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501 40th Street
Bakersfield, CA 93301

12308 Mountain Mesa Road
Lake Isabella, CA 93240

Aug - Dec

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MESSAGE FROM THE CEO

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BAIHP is excited to announce that as part of the BHCIP Round 5 grant, we are nearing the start of our major construction phase of our second-story building. In the next month, BAIHP will be renovating the first floor, which includes the medical and behavioral health wing to keep with the OSHPD-3 requirements for Ambulatory Care Facility. In doing so, we will be continuing our services we offer to our community and patients. This time frame of renovating the existing first floor (Medical and Lobby area) will take a few months. The renovation will not affect patient care, and our services will continue as normal, but we ask that you please be patient with us during this time. We will prioritize safety for all, which means that we will have to adjust to the construction zones redirecting patient flow.



M. ANGEL GALVEZ, BS, MAOL
BAIHP CEO

OUR FEATHERS SOARING HIGHER

At this year's Gathering of Native Americans event, we focused on four key areas that are fundamental to Native American cultures: belonging, mastery, interdependence, and generosity. Through a series of engaging cultural activities, we explored these values, offering attendees a deeper connection to the principles that sustain Native communities.

Belonging: We kicked off the event by creating an inclusive space where everyone, regardless of background, could feel a sense of belonging. Attendees participated in opening ceremonies and group activities that fostered unity and shared cultural understanding.

Mastery: Workshops and demonstrations highlighted the importance of mastering skills and knowledge passed down through generations. Participants had the opportunity to learn about traditional crafts, dances, and storytelling, gaining insights into the dedication required to preserve Native cultures.

Interdependence: Through collaborative activities with Bakersfield College's NASSSP program, we emphasized the interconnectedness of individuals, communities, and nature for our youth.

Generosity: The event celebrated the spirit of generosity through acts of giving and sharing. Local vendors, artists, and participants donated items and time, reinforcing the importance of reciprocity and community support.

By weaving these four core values into our activities, we were able to create an enriching experience that honored the cultural teachings of Native American peoples. Thank you to all who joined us in exploring these powerful principles and helping to make the event a meaningful success!



Native American Heritage Month 3

Our Native American Heritage Month event kicked off with an opening prayer and song, and by acknowledging our Veterans in attendance. The Board of Directors each were given an opportunity to introduce themselves and their tribe. Did you know that 100% of the BAIHP board is made up of Indigenous peoples? Every year, BAIHP chooses an individual who has done exemplary work for the AIAN community in Kern County. This year, our Warrior Award winner is Bridget Escalera. In her acceptance speech, she honored and recognized her tribal ancestral matriarch and some of the history of the Chalon peoples. Additionally, she highlighted some of the ambitious goals of BAIHP moving forward and her excitement to see these visions come to fruition. The rest of the event was filled with music from the Native American drum group, Two Crows. A group of four BAIHP clients graciously offered their time to speak about the services we offer during a panel. Our regalia-making class held a fashion show to display the pieces they've created with the help of instructor, Yendi Nieto. Additionally, our tai-chi group proudly displayed the hard work they've done in mastering the steps taught by instructor Gloria Arreola Gomez.

This was our first year creating an entirely separate curricula for our youth. In the youth breakout session, they had an opportunity to hear from Carlos Rivera, who shared the importance of mental health, especially for the youth who are living in unprecedented times. He also shared the deeper meaning behind the medicine wheel, how the four segments can represent different aspects of life from the stages of life, the four sacred medicines, the four seasons, and much more. After the presentation concluded and after the youth joined their families for lunch, the youth participated in a raffle where they had a chance to win a bike, a PlayStation 5, an Xbox One, 2 Nintendo Switch Lites, a Nintendo Switch OLED, or a Meta Quest 3 VR Headset - or if they did not win, they were given a gift card for their participation. NAHM was a huge success this year, and we're looking forward to the next. Stay tuned!



WELLNESS VENDING MACHINE

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Over the course of the past 25 years, over 1 million people in the United States have died due to fatal drug overdoses (CDC, 2022). In 2022, California reported the highest number of fatal drug overdoses in the United States (CDC, 2022). **American Indians in California experienced the highest rates of fatal opioid overdoses per 100,000 with fentanyl related overdose deaths reported at 37.4% for AIAN, the highest of any other race/ethnic group in the state (CDPH 2021).** In 2022, Kern County ranked 8th out of the 58 California counties with an opioid fatality rate of 34.22 per 100,000 with similar patterns of racial disparities in opioid fatalities (CDPH, 2024).

In response to national and local trends in drug overdose and Hepatitis C and HIV infection rates, cities across the United States have started to implement health vending machines, which have been adopted in Europe since the late 1980s (Allen et al., 2022). Recent studies have documented the success of health vending machines in addressing these public health crises. One study found an association between Narcan (naloxone) dispensation from health vending machines and a decrease in opioid-related overdose deaths throughout Clark County (Allen et al., 2022). Another recent study reported that **a health vending machine had a substantial impact on the availability and distribution of harm reduction supplies, exceeding distribution rates from the traditional needle exchange programs (Arendt, 2023).** Moreover, the study found an association between the implementation of the health vending machine and a decrease in fatal opioid overdoses as well as a downward trend in HIV incidences (Arendt, 2023).

With the support of our partners at Aegis, HOPE in the Valley, Anthem, and California State University Bakersfield, **we are launching our first wellness (health) vending machine at Bakersfield American Indian Health Project!** Our wellness vending machine will increase access to health and harm reduction supplies in Bakersfield for the public. Registered users may access the following products free of cost: hygiene, menstrual hygiene, safer sex, safer smoking, safer injection, naloxone (Narcan), fentanyl test strip, xylazine test strip, wound care, and Anchor box kits. **Use the QR code to register** and contact our ECM team at (661) 327-4030 for additional information. We look forward to partnering with our community to fight back against fentanyl and improve health and wellness!



BAIHP is proud to announce the launch of our new Men's Talking Circle in addition to our Veteran's & Women's Talking Circle. Men's Talking Circle will take place every Tuesday from 6 PM - 8 PM.

Men's Talking Circle

Tuesday | 6 PM - 8 PM

501 40th Street | Bakersfield, CA 93301
(661) 327-4030

*A safe space to hear and share stories of
personal lived experiences.*



BakersfieldAIHP.org



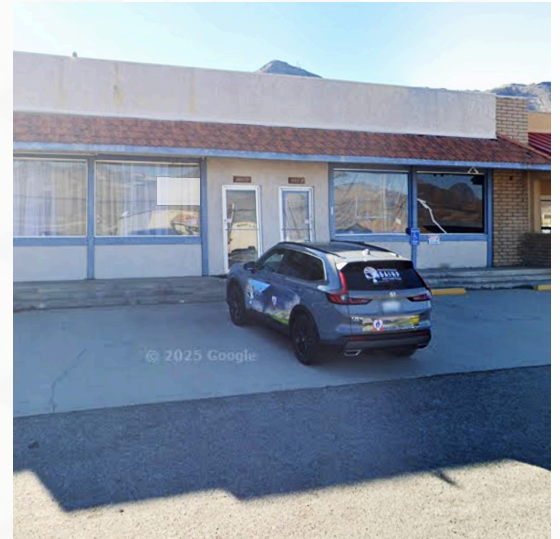
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Stay Up-to-Date!

 TheBAIHP  @baihp
 BakersfieldAme1

BAIHP is excited to share the soft opening of our Lake Isabella Clinic. Though the space is still under renovation, we are passionate about starting our important work with the AIAN population in the Kern River Valley. Stay tuned as we continue to build out our services at this new location.

In addition to the new clinic site, our main office in Bakersfield is in a period of construction, so we ask for your patience as certain areas of the clinic remain closed off until such time as the projects are completed.



WEEKLY ACTIVITIES

Art Class | Monday 9:30AM - 11:30AM

Explore your creativity with traditional art

Bingocize | Tuesday and Thursday 10AM - 11AM

Play bingo, exercise, socialize, and win prizes!

Tai-Chi | Tuesday and Thursday 11AM - 12PM

Balance and Fall Prevention

Youth Group | Every Other Tuesday 5PM - 6:30PM

Ages 12 - 18

Cultural Talking Circles, Activities, Mental Health, Prevention and Building Community

Regalia Making | Tuesday 5PM - 7:30PM

Ages 12+ (12-15 require chaperone)

Sewing & Leather Work | Limited Spots (10) - RSVP to save your seat

Men's Talking Circle | Tuesday 6PM - 8 PM

A safe space to hear and share stories of personal lived experiences.

Veterans' Talking Circle | First Wednesday of the Month 9AM - 11AM

Community & Culture Focus | Safe Space to Share

Nutrition Classes | Wednesday 10AM & 1PM

Nutrition Education, Learn & Practice Healthy Cooking & Diabetes Education Available Upon Request

Women's Talking Circle | Wednesday 11:30AM - 1PM

Community & Culture Focus | Safe Space to Share

Wellbriety | Wednesday 3PM - 4:30PM

12 Step Program With Guidance from The Red Road to Wellbriety from White Bison

"To Be Sober and Well"

May Meet Court Mandated Requirements

Beading Class | Wednesday 5PM - 7:30PM

Various Beading Activities. Learn Traditional Beading Styles

Cultural Education Workshop | 3PM - 5PM

Create and learn the history of various Native American cultural pieces

Drum & Dance Group | Thursday 6PM - 7:30PM

All Ages | Native Drumming Class, Pow-Wow Style Dancing and Etiquette

Due to ongoing construction, various activities may be postponed. We thank you for your patience.

Birthdays at BAIHP



Birthday Shoutouts -
Evelyn (Aug. 26), Brenda (Aug. 17),
Deedra (August 31)



Birthday Shoutouts -
Jackson (Sept. 23)



Birthday Shoutouts -
Pam (Oct. 18), Lawrence (Oct. 24)

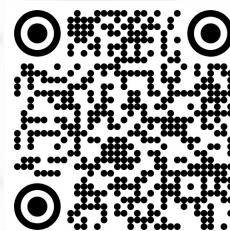


Birthday Shoutouts -
Angel (Nov. 19)

Birthday Shoutouts (Not Pictured) - Joyce (Aug. 5, Estela (Aug. 31), Frankie (Sept. 10), Rosalyn (Oct. 6), Shanna (Oct. 14), Johnny (Oct. 15), Vicky (Oct. 19), Shubhangi (Oct. 25), Carson (Nov. 29), Rudy (Dec. 21)



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OUR MISSION

To serve the American Indian and Alaska Natives residing in Kern County by providing services that contribute to the health and vitality of the community in a respectful manner with high regard for cultural values, Tribal affiliation, and spiritual and personal values of individuals.

OUR VISION

BAIHP envisions a vibrant, healthful life for future generations of American Indians & Alaska Natives in Kern County by delivering sustainable, culturally integrated services, and fostering continuous community connections and whole wellness.

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