



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

# February 2021 Newsletter



CEO Angel Galvez is excited to share after studying the data and weighing the risks, BAIHP believes the benefit of getting the COVID -19 vaccine outweighs the risk of the disease. A vaccination plan will be rolled out in phases with our elders considered to be offered it first.

## Why take the vaccine?

- “Getting vaccinated will help keep you, your family, and your community healthy and safe.
- “By getting vaccinated, you can help end the damage to the economy, prevent more illnesses and deaths in America, and eliminate and eradicate COVID-19.”
- “Vaccines will help bring this pandemic to an end.”
- At 95% efficacy, the vaccine is extraordinarily effective at protecting you from the virus.”

## COVID-19 VACCINE COMPARISONS

The vaccines are more alike than different and are equally effective and safe for members of the general public.

### Pfizer

- **Both vaccines** utilize mRNA, or messenger RNA technology, meaning they teach cells to make a protein that prompts an immune response.
- **Both vaccines** have proved remarkably effective in trials, with more than 95% efficacy rates for protecting against COVID-19.
- **Both vaccines** are effective for different races and genders, as well as for people with underlying medical conditions
- **Both vaccines** have mild and temporary side effects, including pain at the injection site, headache, fever, fatigue, chills, and muscle and joint pain.
- **Pfizer's** vaccine needs to be stored in a special freezer at minus 94 degrees
- **Pfizer's** vaccine is approved for people 16 years old and older
- **Pfizer's** vaccine has a series of two shots that must be 21 days apart.



### Moderna

- **Both vaccines** utilize mRNA, or messenger RNA technology, meaning they teach cells to make protein that prompts an immune response.
- **Both vaccines** have proved remarkably effective in trials, with more than 95% efficacy rates for protecting against COVID-19
- **Both vaccines** are effective for different races and genders as well for people with underlying medical conditions.
- **Both vaccines** have mild and temporary side effects, including pain at the injection site, headache fever, fatigue, chills and muscle and joint pain.
- **Moderna's** vaccine can be kept in a regular freezer at minus 4 degrees
- **Moderna's** vaccine is approved for people 18 years old and older
- **Moderna's** vaccine has a series of two shots that must be given 28 days apart.

Individuals with severe allergic reactions to other vaccines should consult their doctor in case they may be allergic to component of the vaccine. It is recommended that individuals who carry an EpiPen for their allergies should bring it to their appointment.

CDC notes that women who are pregnant or breastfeeding can be presented with the option to vaccinate. Talk to your health care practitioner if you have any concern about whether you should receive it.

California Rural Indian Health Board, Inc. CRIHB COVID-19 Resources <https://crihb.org/prevention-and-education/public-health/>  
 For more information, go to: <https://covid19.ca.gov/vaccines/>



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# Pop on Thru



## Youth & Family Event For Our Native Community

**SAT. FEB. 6, 2021 10:00 am - 1:00 pm**  
**1616 30th Street, Bakersfield, CA 93301**

- **DRIVE UP**— Visit the local Exhibitors and receive helpful information from each group
- **PICK UP**— Fun Activities to do at home, and A Free Movie Pack for a Fun Family Night
- **ENJOY**— Free Popcorn as you leave the event
- **POST AND TAG US** on Instagram @baihp

**WHILE SUPPLIES LAST**



## Youth Happenings Native Youth Group

Youth Program is to promote positive growth and enhance the well-being of American Indian youth in the Bakersfield community and further develop key social skills from positive interactions in a welcoming and respectful environment, exposes youth to healthy lifestyle, helps develop self-esteem, confidence, and life skills, American Indian cultural activities, community and prevention and awareness activities that deal with substance/tobacco abuse, suicide education and prevention, domestic violence, and teen pregnancy prevention.

**Date:** Thursday, 4:00PM to 5:00PM

**Platform:** ZOOM

**Participants:** Native Youth Ages 12 to 17

**Contact Rhonda to sign up - (661) 327-4030 ext. 2013 | email rgarone@bakersfieldaihp.org**

# FREE COVID-19 TESTING

## COVID-19 Testing Information

Free COVID-19 testing is available for Bakersfield American Indian Health Project Patients, through C-Ton Testing laboratory, Monday through Friday, 8:00am to 12:00pm. Testing is by appointment only and you must be Registered with BAIHP. Testing for All Ages, parents must be present and give consent for children. Registered BAIHP patients, Native Americans, Alaska Natives living Kern County are eligible.

## Testing Requirements and Instructions

Patients **MUST** have a referral for testing placed. Please allow two hours advance notice, when making the COVID-19 test request.

If you are providing a saliva sample, do not eat, drink, smoke, chew gum, brush teeth or use mouthwash 30 minutes prior to the test.

When you arrive at C-Ton lab, the Technician will greet you wearing a mask, gown and gloves. Because COVID-19 is spread in the air and by contact, please limit one patient in the room.

BAIHP's medical team will receive the results and follow-up with you. Results may take 3-7 days.

# CORONAVIRUS (COVID-19) PANDEMIC

BAIHP client triage screening to protect our staff and community. We ask you to please follow the procedure to check in with us.

- **CALL FIRST** – Please call us at 661.327.4030 whether you are home or already here. We will conduct a phone screen for symptoms before we can address your needs.
- **IF YOU ARE HERE**, please ring the doorbell and wait for a staff member come to the door. Our staff will be wearing a mask, gloves, shield and gown, and complete a screening questionnaire with you outside. You will be asked to wear a mask to complete the questionnaire.
- **\*IF YOU HAVE SYMPTOMS** of COVID-19 or the Flu, you will be asked to go to a testing facility or contact your primary care physician. We do not have a physician on site.

# STRENGTH

If we look 100 years ahead and back...what did we do to ensure our community stayed healthy?

We washed our hands.  
We wore a face mask.  
We watched our distance.  
We got vaccinated.



COVID-19 vaccines are important to help stop the pandemic.  
The vaccine will not give you the virus.  
For more information, visit [CDC.gov/vaccines/covid-19](https://www.cdc.gov/vaccines/covid-19)



CSTA®

ACKNOWLEDGEMENTS: Developed in collaboration with SFIS Leadership Institute, Tewa Women United, and UNM Native American Budget & Policy Institute

## COVID UPDATES

We at BAIHP continue to work on your behalf to ensure continuity of care during these trying times. In addition to providing COVID testing, we are working on the rollout of COVID vaccinations for our community members. We are following the Indian Health Service (IHS) and Center for Disease Control (CDC) Equitable Allocation of the COVID Vaccination Program. They are noted below:

### **PHASE 1a**

#### **Healthcare personnel (HCP)**

- Healthcare settings are high risk locations for SAR-CoV-2 exposure.
- HCP are at risk for transmitting the virus to medically vulnerable patients as seen with long-term care facility (LTCF) outbreaks.
- Early protection of HCP is critical to preserve healthcare capacity to care for COVID-19 patients and ensure hospitals maintain workforce to care for non-COVID-19 patients.

#### **Long-term care facility (LTCF) residents**

- LTCF residents, because of their age, high rates of underlying medical conditions, and congregate living situation are at high risk for infection and severe COVID-19 disease.
- COVID-19 hospitalization rates increase with age and are highest among older adults.
- Risk for COVID-19-associated hospitalization increases with the number of underlying medical conditions.

### **PHASE 1b**

#### **Essential workers\* (non-health care)**

- Frontline essential workers: first responders (e.g., firefighters and police officers), corrections officers, food and agricultural workers, U.S. Postal Service workers, manufacturing workers, grocery store workers, public transit workers, and those who work in the education sector (teachers and support staff members) as well as childcare workers.

#### **Persons aged ≥ 75 years**

- COVID-19 mortality rates are also highest among older adults. Compared with persons aged 35-54 years, those aged 65-79 years have a 10 times higher risk, and those aged 80 years and older, a >40 times higher risk for COVID-19 deaths.

### **PHASE 1c**

#### **All other essential workers**

- Workers in transportation and logistics, water and wastewater, food service, shelter and housing (e.g., construction), finance (e.g., bank tellers), information technology and communications, energy, legal, media, and public safety (e.g., engineers), and public health workers.

#### **Persons aged 65-74 years**

#### **Persons aged 16-64 years with medical conditions that increase the risk for severe COVID-19**

The above information may be found at <https://www.cdc.gov/vaccines/hcp/acip-recs/vacc-specific/covid-19/evidence-table-phase-1b-1c.html>



## **FREQUENT QUESTIONS AND ANSWERS**

### **Can a COVID-19 vaccine make me sick with COVID-19?**

**No.** None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine **cannot** make you sick with COVID-19.

There are several different types of vaccines in development. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building protection against the virus that causes COVID-19.

It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it is possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection. Therefore, it is important that you continue to practice social distancing, wearing masks and washing hands.

### **After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?**

**No.** Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a **current infection**.

If your body develops an immune response—the goal of vaccination—there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

### **If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?**

**Yes.** Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, vaccine should be offered to you regardless of whether you already had COVID-19 infection. CDC is providing recommendations to federal, state, and local governments about who should be vaccinated first.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

We will not know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

### **Will a COVID-19 vaccination protect me from getting sick with COVID-19?**

**Yes.** COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die. There is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications.

### **Will a COVID-19 vaccine alter my DNA?**

**No.** COVID-19 mRNA vaccines do not change or interact with your DNA in any way.





Messenger RNA vaccines—also called mRNA vaccines—are the first COVID-19 vaccines authorized for use in the United States. mRNA vaccines teach our cells how to make a protein that triggers an immune response. The mRNA from a COVID-19 vaccine never enters the nucleus of the cell, which is where our DNA is kept. This means the mRNA cannot affect or interact with our DNA in any way. Instead, COVID-19 mRNA vaccines work with the body's natural defenses to safely develop immunity to disease.

At the end of the process, our bodies have learned how to protect against future infection. That immune response and making antibodies is what protects us from getting infected if the real virus enters our bodies.

Content provided and maintained by the US Centers for Disease Control and Prevention (CDC).

## Important Things to Remember

- COVID-19 vaccination will help keep you from getting COVID-19. Two doses are needed. After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection. The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days.
  - All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19.
  - All COVID-19 vaccines that are in development are being carefully evaluated in clinical trials and will be authorized or approved only if they make it substantially less likely you will get COVID-19.
  - Based on what we know about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine may also help keep you from getting seriously ill even if you do get COVID-19.
  - Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19 (those with chronic diseases like diabetes, asthma, or heart and lung conditions).
  - Experts continue to conduct more studies about the effect of COVID-19 vaccination on severity of illness from COVID-19, as well as its ability to keep people from spreading the virus that causes COVID-19.
  - COVID-19 vaccination is a safer way to help build protection.
  - COVID-19 can have serious, life-threatening complications, and there is no way to know how COVID-19 will affect you. And if you get sick, you could spread the disease to friends, family, and others around you.
  - **Clinical trials of all vaccines must first show they are safe and effective before any vaccine can be authorized or approved for use, including COVID-19 vaccines. The known and potential benefits of a COVID-19 vaccine must outweigh the known and potential risks of the vaccine for use under what is known as an Emergency Use Authorization (EUA).**
  - Getting COVID-19 may offer some natural protection, known as immunity. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection. However, experts do not know for sure how long this protection lasts, and the risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity. COVID-19 vaccination will help protect you by creating an antibody (immune system) response without having to experience sickness.
  - Both natural immunity and immunity produced by a vaccine are important parts of COVID-19 disease that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.
  - COVID-19 vaccination will be an important tool to help stop the pandemic. Wearing masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others, but these measures are not enough. Vaccines will work with your immune system so it will be ready to fight the virus if you are exposed.
- 

- The combination of getting vaccinated and following CDC's recommendations to protect yourself and others will offer the best protection from COVID-19.
- Stopping a pandemic requires using all the tools we have available. As experts learn more about how COVID-19 vaccination may help reduce spread of the disease in communities, CDC will continue to update the recommendations to protect communities using the latest science. The safety of COVID-19 vaccines is a top priority. The U.S. vaccine safety system ensures that all vaccines are as safe as possible. Learn how federal partners are working together to ensure the safety of COVID-19 vaccines.
- CDC has developed a new tool, V-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines. BAIHP will review the tool and how to download it to your phone on the day you receive the vaccine.

The above information may be found at [COVID-19 Vaccine | Coronavirus \(COVID-19\) \(hhs.gov\)](#).

### **WHAT TO EXPECT FROM BAIHP IN THE COMING WEEKS**

- Following IHS & CDC guidelines and in order to prepare for vaccination rollout, BAIHP will be phoning clients to determine intention to receive the COVID vaccine and for prescreening purposes.
- The Moderna vaccine is given in TWO doses 28 days apart, therefore, we will be scheduling your second dose when you receive the first dose.
- To protect our clients and to reduce time at the clinic, pre-registration will be done by phone. There will be forms to complete the day of the vaccination. The vaccination process will be explained to you prior to your arrival at the clinic.
- Transportation services will be available upon request.

**For questions, please contact**

**Carrie L. Smith, PHN at 661-327-4030 ext. 2005**

### **National Condom Day Is February 14th**

**National Condom Day reminds us of the realities of sexually transmitted infections (STI) and unwanted pregnancy.**

**Bakersfield American Indian Health Project has condoms available in discreet bags, free of charge.**

**All you have to do, is give us a call, and come by to pick them up at BAIHP's front door.**

**When you call, just let us know if you would like male or female condoms. No questions asked.**

**Bakersfield American Indian Health Project**

**1617 30th St. Bakersfield, CA 93301 661.327.4030**

# February is National Teen Dating Violence Awareness Month



## Native Love Statistics

### Native and Alaskan Native Youth Statistics

- More than 40% of Native children experience two or more acts of violence by the age of 18.
- 25% of Native children that are exposed to violence have PTSD at a higher rate than that found in US soldiers returning home from Afghanistan.
- A 1992 Minnesota youth study found that 92% of American Indian girls who reported having sexual intercourse have been forced against their will to have sex.
- 62% of those girls reported to have been pregnant by the 12th grade.
- Teen dating violence rate among high school students in Alaska's Native communities was 13.3 percent, compared to the national average of 9.8 percent.
- Alaskan high school students were more likely to have been physically forced to have sexual intercourse in their lives than other U.S. student (10.1% versus 7.4%).
- American Indians are 2.5 times more likely to experience sexual assault crimes compared to all other races, and one in three Indian women reports having been raped during her lifetime.
- Nearly half of all Native American women have been raped, beaten, or stalked by an intimate partner.
- One in three will be raped in their lifetime.
- On some reservations, women are murdered at a rate 10 times higher than the national average.

<https://www.cdc.gov/injury/features/dating-violence/index.html>

## Preventing Teen Dating Violence

Please fill out this questionnaire to see if you are at risk.

- |  |                   |
|--|-------------------|
| → Have you or someone you know ever been in an unhealthy relationship?                   | Circle: Yes or No |
| → Are you aware of unhealthy relationships at your school?                               | Circle: Yes or No |
| → Which words describe signs of an unhealthy relationship? (circle all that apply)       |                   |
| Supportive      Possessive      Jealous      Communication      Name Calling / Put downs |                   |
| Controlling      Equal      Respectful      Selfish      Passionate                      |                   |
| → Do you know what to do if you find yourself in an unhealthy relationship?              | Circle: Yes or No |
| → Is there an adult you could talk to if you had a question about a relationship?        | Circle: Yes or No |
| → Would you want to learn more about healthy and unhealthy relationships?                | Circle: Yes or No |

Love is Respect National Teen Dating Abuse Helpline

Call 1-866-331-9474 or TTY 1-866-331-8453

Rape, Abuse & Incest National Network's  
(RAINN) National Sexual Assault Hotline

Call 800-656-HOPE (4673) to be connected to a trained staff member from a sexual assault services provider in your area.

(These numbers are also from cdc.gov)

# Understanding Teen Dating Violence



## How can we prevent dating violence?

The ultimate goal is to stop dating violence before it starts. Strategies that promote healthy relationships are vital. During the preteen and teen years, young people are learning skills they need to form positive relationships with others. This is an ideal time to promote healthy relationships and prevent patterns of dating violence that can last into adulthood.

Many prevention strategies are proven to prevent or reduce dating violence. Some effective school-based programs change norms, improve problem-solving, and address dating violence in addition to other youth risk behaviors, such as substance use and sexual risk behaviors.<sup>8,9</sup> Other programs prevent dating violence through changes to the school environment or training influential adults, like parents/caregivers and coaches, to work with youth to prevent dating violence.<sup>10,11,12</sup>



## How does CDC approach prevention?

CDC uses a four-step approach to address public health problems like dating violence.

### Step 1: Define the problem

Before we can prevent dating violence, we need to know how big the problem is, where it is, and who it affects. CDC learns about a problem by gathering and studying data.

### Step 2: Identify risk and protective factors

It is not enough to know that dating violence is affecting a certain group of people in a certain area. We also need to know why. CDC conducts and supports research to answer this question.

### Step 3: Develop and test prevention strategies

Using information gathered in research, CDC develops and evaluates strategies to prevent violence.

### Step 4: Ensure widespread adoption

In this final step, CDC shares the best prevention strategies and may provide funding or technical help so communities can adopt these strategies.



## Where can I learn more?

### CDC's Dating Matters: Strategies to Promote Healthy Teen Relationships

[www.cdc.gov/violenceprevention/datingmatters](http://www.cdc.gov/violenceprevention/datingmatters)

### National Dating Abuse Helpline and Love is Respect:

1-866-331-9474 or text 77054 or [www.loveisrespect.org](http://www.loveisrespect.org)

### National Domestic Violence Hotline

1-800-799-SAFE (7233)

### National Sexual Assault Hotline

1-800-656-HOPE (4673)

### National Sexual Violence Resource Center

[www.nsvrc.org](http://www.nsvrc.org)



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# Understanding Teen Dating Violence

## Fact Sheet

2014

Dating violence is a type of intimate partner violence. It occurs between two people in a close relationship. The nature of dating violence can be physical, emotional, or sexual.

- **Physical**—This occurs when a partner is pinched, hit, shoved, slapped, punched, or kicked.
- **Psychological/Emotional**—This means threatening a partner or harming his or her sense of self-worth. Examples include name calling, shaming, bullying, embarrassing on purpose, or keeping him/her away from friends and family.
- **Sexual**—This is forcing a partner to engage in a sex act when he or she does not or cannot consent. This can be physical or nonphysical, like threatening to spread rumors if a partner refuses to have sex.
- **Stalking**—This refers to a pattern of harassing or threatening tactics that are unwanted and cause fear in the victim.

Dating violence can take place in person or electronically, such as repeated texting or posting sexual pictures of a partner online.

Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a “normal” part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence.



### Why is dating violence a public health problem?

Dating violence is a widespread issue that had serious long-term and short-term effects. Many teens do not report it because they are afraid to tell friends and family.

- Among adult victims of rape, physical violence, and/or stalking by an intimate partner, 22% of women and 15% of men first experienced some form of partner violence between 11 and 17 years of age.<sup>1</sup>

- Approximately 9% of high school students report being hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend in the 12 months before surveyed.<sup>2</sup>



### How does dating violence affect health?

Dating violence can have a negative effect on health throughout life. Youth who are victims are more likely to experience symptoms of depression and anxiety, engage in unhealthy behaviors, like using tobacco, drugs, and alcohol, or exhibit antisocial behaviors and think about suicide.<sup>3,4,5</sup> Youth who are victims of dating violence in high school are at higher risk for victimization during college.<sup>6</sup>



### Who is at risk for dating violence?

Factors that increase risk for harming a dating partner include:<sup>7</sup>

- Belief that dating violence is acceptable
- Depression, anxiety, and other trauma symptoms
- Aggression towards peers and other aggressive behavior
- Substance use
- Early sexual activity and having multiple sexual partners
- Having a friend involved in dating violence
- Conflict with partner
- Witnessing or experiencing violence in the home

Getting Started with Substance Use Treatment  
Not sure where to begin?

Contact Gateway Services at  
1-866-266-4898 | <https://www.kernbhrs.org/>

## Preventing Overdose Deaths

One major step is to prevent interrupted access to the most effective medications for OUD treatment - methadone and buprenorphine. Federal agencies have initiated some steps by allowing extended medication supply for stable patients. Other action steps recommended by the authors:

1. Expand methadone delivery via mobile teams (for example, repurposed syringe service programs) for quarantined patients
2. Opioid treatment programs that primarily dispense methadone should increase use of buprenorphine because of its safer pharmacologic properties and formulations that can be dosed thrice weekly and monthly
3. Federal agencies should leverage funds from a recent settlement about misuse of regulatory procedures by a buprenorphine manufacturer; financial barriers to buprenorphine provided through opioid treatment programs should be addressed
4. Buprenorphine prescribers should be allowed and encouraged to engage in all phases of care-evaluation, initiation of therapy, and monitoring via tele prescribing, telemedicine or in-home visit, when appropriate

## Being Proactive

For those in recovery and for whom attendance in recovery support groups is part of one's routine, there are steps a person can take to avoid disruptions during the pandemic. Professor Amy Krentzman, PhD, from the School of Social Work at the University of Minnesota is a nationally-recognized researcher on



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For more information on Substance Abuse,  
Please contact Donna Cubit, CADCI  
Substance Use Disorder Counselor  
Email: [dcubit@bakersfieldaihp.org](mailto:dcubit@bakersfieldaihp.org)  
Phone: 661.327.4030 ext. 2003

recovery from a substance use disorder. She offers these two perspectives.

### Despite Lack of In-Person Recovery

Support Meetings, Many Options Exist (see options below)  
Several remote recovery meetings are available.  
There are "location-agnostic virtual meetings" and "location centric virtual meetings".

### A diverse range of recovery

resources and social networks is at the website for In The Rooms (<https://www.intherooms.com/home/>).  
Also, remote meetings have many advantages of convenience (e.g., no travel issues, flexible times, many choices).



National American Indian & Alaska Native

**PTTC**

Prevention Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# KERN RIVER TURTLES AA 12-STEP Meeting

Monday & Wednesday at 6:00pm  
Via ZOOM

Meeting ID: 6180642713

*"Let's support each other in recovery."*

For more info, please contact  
Donna Cubit, CADCI  
Substance Use Disorder Counselor  
661.327.4030 ext. 2003

## KERN COUNTY ZOOM AA 12-STEP MEETINGS

visit their website:

[KERNCOUNTYAA.COM/ZOOM-MEETINGS/](http://KERNCOUNTYAA.COM/ZOOM-MEETINGS/)

For a list of online meetings



Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other...

# safe home safe play starts here

## Injury Prevention Program

Accidents happen, but it's generally in everyone's best interest if people don't get hurt. Bakersfield American Indian Health Project wants to help keep our Native Community safe. Our Injury Prevention Program is here to help prevent injuries, with Carbon Monoxide/Smoke Alarms, Bike Helmets, and Car Seats.

### Carbon Monoxide Smoke Alarm

Make sure your smoke alarms work. Your family is not safe if they can't hear the smoke alarms. Check the date! Smoke alarms do not last forever. Get new smoke alarms every 10 years.

### Bike Helmets

BAIHP Injury Prevention Program will teach Native children and parents the simplicity of wearing a helmet and the impact it makes on protecting children, decreasing head injuries, and saving lives.

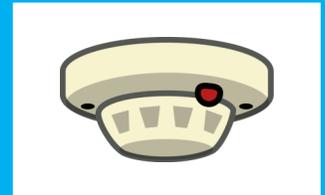
### Car Seat

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**Brenda Renteria**

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**[brenteria@bakersfieldaihp.org](mailto:brenteria@bakersfieldaihp.org)**

From the desk of Penny Stuck, Finance Controller



## 6 Reasons Why You Need a Budget

The importance of making a budget is a financial lesson that cannot be overemphasized. If you and your family want financial security, following a budget is the only answer.

### 1. It Helps You Keep Your Eye on the Prize

A budget helps you figure out your long-term goals and work towards them. If you just drift aimlessly through life, tossing your money at every pretty, shiny object that happens to catch your eye, how will you ever save up enough money to buy a car, take that trip to Aruba, or put a down payment on a house?

A budget forces you to map out your goals, save your money, keep track of your progress, and make your dreams a reality.

### 2. It Helps Ensure You Don't Spend Money You Don't Have

Far too many consumers spend money they do not have—and we owe it all to credit cards. As a matter of fact, the average credit card debt per household reached \$7,104 in 2019.

Before the age of plastic, people tended to know if they were living within their means. At the end of the month, if they had enough money left to pay the bills and sock some away in savings, they were on track. These days, people who overuse and abuse credit cards do not always realize they are overspending until they are drowning in debt.

However, if you create and stick to a budget, you will never find yourself in this precarious position. You will know exactly how much money you earn, how much you can afford to spend each month and how much you need to save. Sure, crunching numbers and keeping track of a budget is not nearly as much fun as going on a shameless shopping spree. But look at it this way: when you spend-happy friends are making an appointment with a debt counselor this time next year, you will be jetting off for that European adventure you have been saving for—or better yet, moving into your new home.

### 3. It Helps Lead to a Happier Retirement

Let us say you spend your money responsibly, follow your budget to a T, and never carry credit card debt. Good for you! But aren't you forgetting something? As important as it is to spend your money wisely today, saving is also critical for your future.

A budget can help you do just that. It is important to build investment contributions into your budget. If you set aside a portion of your earnings each month to contribute to your IRA, 401(k) or other retirement funds, you'll eventually build a nice nest egg. Although you may have to sacrifice a little now, it will be worth it down the road. After all, would you rather spend your retirement golfing and taking trips to the beach or working as a greeter at the local grocery store to make ends meet? Exactly.

### 4. It Helps You Prepare for Emergencies

Life is filled with unexpected surprises, some better than others. When you get laid off, become sick or injured, go through a divorce, or have a death in the family, it can lead to some serious financial turmoil. Of course, it seems like these emergencies always arise at the worst possible time - when you are already strapped for cash. This is exactly why everyone needs an emergency fund.

Your budget should include an emergency fund that consists of at least three to six months' worth of living expenses. This extra money will ensure that you do not spiral into the depths of debt after a life crisis. Of course, it will take time to save up three to six months' worth of living expenses.

Do not try to dump much of your paycheck into your emergency fund right away. Build it into your budget, set realistic goals and start small. Even if you put just \$10 to \$30 aside each week, your emergency fund will slowly build up.

## 5. It Helps Shed Light on Bad Spending Habits

Building a budget forces you to take a close look at your spending habits. You may notice that you are spending money on things you do not need. Do you honestly watch all 500 channels on your costly extended cable plan? Do you really need 30 pairs of black shoes? Budgeting allows you to rethink your spending habits and re-focus your financial goals.

## 6. It is Better Than Counting Sheep

Following a budget will also help you catch more shut eye. How many nights have you tossed and turned worrying about how you were going to pay the bills? People who lose sleep over financial issues are allowing their money to control them. Take back the control. When you budget your money wisely, you will never lose sleep over financial issues again.

[6 Reasons Why You Need a Budget \(investopedia.com\)](http://investopedia.com)



**With the help of Golden Empire Gleaners, our mission is to help alleviate hunger and provide food for those in need in the Kern County Native community. As a referring agency, BAIHP will complete a referral form for our elders and families in need.**

**Please contact Rhonda Garone  
If you are interested in receiving a food  
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