

# HEALTH AND WELLNESS RESOURCE GUIDE



COLLEGE OF THE MUSCOGEE NATION

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## **CMN Health and Wellness Services**

### **Resource Guide**

**2022-2023**

College of the Muscogee Nation  
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## **Introduction**

The College of the Muscogee Nation (CMN), in partnership with the Muscogee (Creek) Nation (MCN) Behavioral Health Services, offers Health and Wellness Services to the CMN campus. These services are funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and intended to promote awareness and reduction of behavioral health conditions, substance abuse problems, and sexually transmitted infections (STI) within Muscogee (Creek) Nation communities. Preventing behavioral health issues, substance abuse, and STI (e.g. HIV/AIDS and Hepatitis C) in children, adolescents, and young adults is critical to CMN/MCN's behavioral and physical health. If communities and families intervene early, these conditions might be prevented, or symptoms can be mitigated. Data indicates that early intervention following the first episode of a serious behavioral health illness can make a significant impact.

This document provides CMN students with information and resources to learn about behavioral health, substance abuse, and sexually transmitted infections particularly HIV/AIDS, and hepatitis C (HCV). CMN Health and Wellness Services provide students with resources, awareness programs, support for counseling, and knowledge of mental health.

### Service area

The MCN jurisdictional boundaries are located in the northeastern portion of Oklahoma. The service area consists of the following counties: Creek, Hughes, McIntosh, Muskogee, Okfuskee, Okmulgee, Tulsa, and Wagoner, and parts of Rogers and Mayes counties. MCN service area includes twenty-five chartered communities within the MCN boundaries.

CMN Health and Wellness Services provide services to CMN students. The program educates the Native American populations throughout MCN boundaries. This education includes acknowledging the disparity of Native Americans in regarding the issues related to behavioral health, substance abuse, and STI's which are negatively affecting our communities.

### CMN Mission

The College of the Muscogee Nation (CMN) is the institution of higher education for the Muscogee (Creek) Nation emphasizing native culture, values, language, and self-determination. CMN provides a positive learning environment for tribal and non-tribal students as citizens of a tribal and global society supported by teaching excellence and offers exemplary academic programs that meet student, tribal, and societal needs. Through instructional quality and visionary leadership, the College of the Muscogee Nation encourages lifelong learners, for personal growth, professional development, and intellectual advancement.

### CMN Health and Wellness Services Mission

CMN Health and Wellness Services provide students with prevention and awareness programs for behavioral health, substance abuse, and STI related issues. CMN Health and

Wellness Services promote a positive environment of constructive thinking in order to make responsive changes as needed.

### Vision

CMN Health and Wellness Services explore and evaluate the campus climate in order to continue to meet the needs of the students. CMN Health and Wellness Services uphold the CMN core values of Vrakkuetv (Respect), Fvtcetv (Integrity), Mecvlke (Responsibility), Eyasketv (Humility), and Hoporenkv (Wisdom) throughout the implementation of its programs and resources.

### Health and Well-being

CMN values the overall health and well-being of the students. CMN recognizes the prevalence of mental health struggles in college students. CMN Health and Wellness Services aspire to eliminate the stigma connected to mental health by promoting a positive atmosphere that encourages students to understand the importance of seeking help if needed. CMN Health and Wellness Services implements prevention and awareness programs to provide students with knowledge, health screenings, and STI testing locations.

CMN Health and Wellness Services located in the CMN Administration and Education Building  
Office Hours:

Monday through Friday 9:00 am to 4:30 pm

#### Staff:

- Krystal Wind, Project Director..... (918) 549-2817
- Lisa Bear, Case Manager..... (918) 549-2821
- Patricia Farrell, Case Manager..... (918) 549-2845
- Mykalia Frank, Administrative Assistant..... (918) 549-2814

### Muscogee (Creek) Nation Behavioral Health and Substance Abuse Services

MCN BHSAS provides mental health and substance abuse services to Native American children, adolescents, and adults. Services include individual and group substance abuse treatment, substance abuse assessments, case management, medication management, psychological evaluations, and STI testing. BHSAS partnered with CMN to assist in campus prevention and awareness programs. Behavioral Health has two offices located in Okmulgee, OK with five additional sites located within Creek Nation jurisdiction.

Okmulgee locations:

MCN Behavioral Health and Substance Abuse Services  
1401 Morris Drive, Okmulgee, Ok 74447

Phone: (918) 758-1910

Fax: (918) 756-1270

Additional locations:

- 500 Eunice Burns Rd., Ste 104, Eufaula, OK 74432.....(918) 618-2168
- 31870 Hwy 51, Coweta, OK 74420.....(918) 279-3471
- 100 N. Main St., Sapulpa, OK 74066.....(918) 224-9307
- 1800 E. Coplin Rd, Okemah, OK 74859.....(918) 623-1724

Additional CMN Support Services:

CMN Student Success Center located in the CMN Administration and Education Building

Staff:

- Marissa Lewis, Coordinator.....(918) 549-2832
- Hollie Ledford, Academic Counselor.....(918) 549-2831
- Samantha Lackey, Administrative Assistant.....(918) 549-2833

## **Program description**

### Behavioral Health and Counseling

CMN Health and Wellness Services focuses on providing case management to facilitate students with counseling services on behavioral and mental health issues. CMN is dedicated to empowering and improving the students' knowledge and accessibility to these services. CMN Health and Wellness Services' goal is to eliminate the stigma associated with behavioral and mental health issues so that individuals are comfortable seeking and following through with services. Staff members are knowledgeable of Native American viewpoints of health services and can provide a sensitive approach to making students feel comfortable with seeking help. The cultural context of CMN is incorporated into every aspect of the institution and every student will be afforded respect and confidentiality in line with policy and cultural norms.

### Case Management

Case management is a service that assists students with accessing resources and/or services, assesses students' needs to develop a service plan that consists of objectives that the student is required to complete, and coordinates treatment between the student and behavioral health services. The case manager will assess the student's issues in order to identify any specific needs and goals. Coordinated services and resources may include, but are not limited to behavioral health care, substance abuse, mental health care, and social services. The case management service promotes self-efficacy, community integration, and resource acquisition.

### Awareness programs

The Health and Wellness Service provides programs and events designed to create a positive learning environment through Native American cultural teachings, customs, and traditions. Each program and event will incorporate life-long learning that facilitates communication, wellness, and fulfillment.

Awareness rallies, poster and art contests, student lead initiatives, and campus campaigns to get the word out to stop substance abuse (sobriety events) or HIV/AIDS testing days (the more you know about HIV/AIDS) will provide key interaction between Health and Wellness staff members and the students. Mvskoke language will be used to promote awareness using traditional teachings.

### Advisory Board

An advisory board was created to provide oversight and direction of the service goals. The advisory board consists of CMN administration, Health and Wellness Case Managers, Grant Coordinator, and a program evaluator. The advisory board meets once per month to plan, organize, implement, and evaluate the needs and activities of the program. The specific duties of the board are to prepare a written report to the CMN President on a quarterly basis and to the SAMHSA administration on an annual basis. The board members bring valuable experience in their respected professions along with a cultural understanding of Native American values of respect and humility. These values are incorporated into the planning of the Health and Wellness Service programs.

### Community Outreach

CMN Health and Wellness Services aims to increase the awareness within the Native American population of behavioral health, substance abuse, and STI issues. CMN Health and Wellness Services provide support and outreach within the local community. CMN Health and Wellness Services meet with MCN chartered communities, clinics, and area schools to promote the program and gather information.

## **Clientele**

### Appointment

CMN Health and Wellness Services case managers assess the needs of a student by appointment, walk-ins, or referrals. Students receive assistance during scheduled office hours. If a student has time constraints during these office hours, the case manager may arrange special appointments.

### Walk-ins

Students do not need to schedule an appointment, but can sign up as a walk-in. Upon meeting with the case manager, the student will complete a case management referral. Students are seen

on a first come, first serve basis. However, if more than one walk-in occurs, the case managers will assist based on the nature of the issues.

### Referrals

Referrals for Health and Wellness services may be initiated by CMN faculty and/or staff and assist students in utilizing available community resources and/or services. Referrals may be based on students' specific needs. CMN students may be referred to Health and Wellness services as a result of CMN Code of Conduct sanctions and will need to meet any specific requirements in accordance with CMN policy.

CMN faculty and staff will utilize the Health and Wellness Case Management referral. Due to confidentiality, the referral needs to be submitted in a sealed envelope. CMN faculty and staff are instructed to provide information for the student's situation.

Health and Wellness Case Management referral is available to CMN faculty and staff via the forms drive.

### Crisis

Crisis behaviors include homicidal or suicidal ideations. If a student threatens to harm themselves or others, contact the case manager as soon as possible. If a case manager is unavailable, contact Krystal Wind or Mykalia Frank in the Office of Student Affairs. In the event that Ms. Wind or Ms. Frank are unavailable, contact MCN Behavioral Health Services at (918) 758-1910. The Crisis Textline can also be utilized by texting CREEK to 741-741.

CMN Crisis Action Plan was developed to address situations which involve homicide and/or suicide. The action plan prepares CMN personnel to manage crisis situations effectively and not to disturb CMN daily functions.

Additional emergency contacts:

- After Hours Emergencies (MCN Tribal facilities).....1 (800) 219-9458
- MCN Lighthorse Police..... (918) 732-7800 or 1(877) 547-3390
- National Suicide Prevention.....1 (800) 273-TALK (8255)
- Reach Out Hotline (mental health/substance abuse).....1 (800) 522-9054

## **Documentation**

### Initial Assessment

The case management referral provides a framework for the case manager to follow during the initial meeting. The case manager will assess the student and determine needs and/or services.



### Behavioral Health Initial Screening & Screeners

If a student requests behavioral services, or CMN faculty/staff requires behavioral health services (BHS), the case manager will assist the individual with contacting (BHS). An initial screening will be completed by student and (BHS) over the phone. At that time, (BHS) will make an appointment with the student to conduct a two-hour screening and at that point, based on screening; (BHS) will make future appointments and determine frequency.

Alternatively, the case manager can assist the student in making an appointment with a Primary Care Physician (PCP) at the Okmulgee Indian Health Center and request to have an SBIRT screening or contact MCN Behavioral Health directly to conduct a screening and set an appointment.

- (918) 591-5762 or (918) 591-5738 (Medical Appointments)
- (918) 758-1910 or 1 (888) 756-4333 (Behavioral Health Appointments)

Upon arrival to the Okmulgee Indian Health Center, the student will check in with patient registration, and ask to take an SBIRT screening. The screening results go to the on-site PCP and BHS clinician. Students will see the PCP and BHS clinician the same day. The meeting with the on-site clinician will be a brief 20-30 minutes. BHS clinician will schedule the student's future appointments. The case manager will follow up with the student for their scheduled appointment.

CMN Health and Wellness Services conduct screeners to students. The screeners are Generalized Anxiety Disorder 7-Item (GAD-7), CAGE-AID Questionnaire, and Patient Health Questionnaire (PHQ-9). Depending on the score students are given positive praise (low score), resources (medium score), connected to MCN Behavioral Health Program (high score).

## Appendix A-Health and Wellness Case Management Referral



### College of the Muscogee Nation Health & Wellness Case Management Referral

Date: \_\_\_\_\_

Referred by : \_\_\_\_\_

Name: \_\_\_\_\_

Trimester: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Contact Information: \_\_\_\_\_

Address: \_\_\_\_\_

Referral reasons:

☐ Alcohol/Drug

☐ Anger

☐ Domestic Violence

☐ Education

☐ Family

☐ Health Issues

☐ Health Testing

☐ Loss/Grief

☐ Non-Academic Review

☐ Other \_\_\_\_\_

\*\*Additional information can be added to back of referral\*\*

**CONFIDENTIAL** Please submit referral in person or in a sealed envelope. Thank you.

## Appendix B-General Anxiety Disorder 7-Item (GAD-7) Scale

### Generalized Anxiety Disorder 7-item (GAD-7) scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
<hr/>				
<i>Add the score for each column</i>	+	+	+	
<hr/>				

Total score (add your column scores) =

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all \_\_\_\_\_

Somewhat difficult \_\_\_\_\_

Very difficult \_\_\_\_\_

Extremely difficult \_\_\_\_\_

### Scoring

Scores of 5, 10, and 15 are taken as the cut-off points for mild, moderate and severe anxiety, respectively. When used as a screening tool, further evaluation is recommended when the score is 10 or greater.

Using the threshold score of 10, the GAD-7 has a sensitivity of 89% and a specificity of 82% for GAD. It is moderately good at screening three other common anxiety disorders – panic disorder (sensitivity 74%, specificity 81%), social anxiety disorder (sensitivity 72%, specificity 80%) and post-traumatic stress disorder (sensitivity 66%, specificity 81%). Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. Arch Intern Med. 2006;166:1092-1097.

## Appendix C-CAGE-AID Questionnaire

STABLE RESOURCE TOOLKIT
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### CAGE-AID Questionnaire

Print Name

Date of Visit

When thinking about drug use, include illegal drug use of prescription drug use other than prescribed.

Questions:

1. Have you ever felt that you ought to cut down on your drinking or drug use?
2. Have people annoyed you by criticizing your drinking or drug use?
3. Have you ever felt bad or guilty about your drinking or drug use?
4. Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover?


## Appendix D-PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

### PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (use "X" to indicate your answer)

	Not at all sure	Several days	Over half the days	Nearly every day
1.Little interest or pleasure in doing things	0	1	2	3
2.Feeling down, depressed, or hopeless	0	1	2	3
3.Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.Feeling tired or having little energy	0	1	2	3
5.Poor appetite or overeating	0	1	2	3
6.Feeling bad about yourself-or that you are a failure or have let yourself or your family down	0	1	2	3
7.Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could notice. Or the opposite-being so fidgety or restless that you have been moving around a lot more than usual				
9.Thoughts that you would be better off dead, or of hurting yourself				

Add columns

+

+

+

(Healthcare professional: For interpretation of TOTAL, please refer to accompanying score card)

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all

Somewhat difficult

Very difficult

Extremely difficult

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# CMN Core Values

The College of the Muscogee Nation is committed to core values inherited from our tribal elders and the following we hold true:

**VRAKKUECKV (RESPECT):** We value our Native culture, language and community, honoring the rights and dignity of all people;

**FVTCETV (INTEGRITY):** We are fair, honest and accountable for our actions;

**MECVLKE (RESPONSIBILITY):** We are loyal, reliable, and diligent in all tasks;

**EYASKETV (HUMILITY):** We are kind, concerned for the well-being of others and embrace equality;

**HOPORENKV (WISDOM):** We gain insight from scholarly learning and the knowledge and experience of our elders.