

HEALTH AND WELLNESS RESOURCE GUIDE



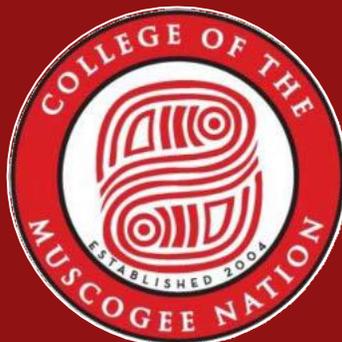
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CMN Health and Wellness Services

Resource Guide

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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, 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 information, 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, Mayes, McIntosh, Muskogee, Okfuskee, Okmulgee, Rogers, Tulsa, and Wagoner. 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 regards to 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), Mecvike (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
- Elise Brown, Case Manager..... (918) 549-2845
- Candise Noon, Administrative Assistant..... (918) 549-2870

Muscogee (Creek) Nation Behavioral Health and Substance Abuse Services (MCN BHSAS)

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 Dr. Okmulgee, OK 74447

Phone: (918) 758-1910

Fax: (918) 756-1270

Additional locations:

- 640 Alexander Dr., Ste 104, Eufaula, OK 74432.....(918) 618-2168
- 31870 Highway 51, Coweta, OK 74429.....(918) 279-3471
- 119 E. Dewey, Sapulpa, OK 74066.....(918) 224-9185
- 202 West Atlanta, Suite C, Okemah, OK 74859.....(918) 623-3010
- 325 S. Washita Wetumka, OK 74883.....(405) 452-1300 ext. 1318

Additional CMN Support Services:

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

Staff:

- Jake Jackson, Coordinator.....(918) 549-2832
- Elsa Lowe, Counselor.....(918) 549-2831
- Lisa Bear, 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 (CM) 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. Native American language may 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, MCN Behavioral Health staff, and a program evaluator. The advisory board meets once a 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 manager assesses students 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 manager will assist based on the severity 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 & 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 case manager is unavailable, contact Krystal Wind or Candise Noon in the Office of Student Affairs. In the event that Ms. Wind or Mrs. Noon are unavailable, contact MCN Behavioral Health Services at (918) 758-1930.

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

If a student requests behavioral services, or CMN faculty/staff requires behavioral health services, the case manager will complete an initial screening. The initial screening, or referral, consists of contact information, health insurance, and current and past behavioral health issues.

Case manager will submit the completed screening to MCN Behavioral Health Services. The screening will be triaged by BHS staff of clinicians. Case manager will follow up with BHS office for student's scheduled appointment.

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:

- | | | |
|-----------------------------------------|-------------------------------------|----------------------------------------------|
| <input type="checkbox"/> Alcohol/Drug | <input type="checkbox"/> Anger | <input type="checkbox"/> Domestic Violence |
| <input type="checkbox"/> Education | <input type="checkbox"/> Family | <input type="checkbox"/> Health Issues |
| <input type="checkbox"/> Health Testing | <input type="checkbox"/> Loss/Grief | <input type="checkbox"/> Non-Academic Review |
| <input type="checkbox"/> Other _____ | | |

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

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

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.