Here are ways to use Social Media outlets that either you or your agency can do to raise awareness:

1. Take a picture of yourself wearing your BlueDot button and post it on your social media outlets and use the appropriate #hashtags/handles.

2. "Like" the following Facebook Pages:
   - https://www.facebook.com/Humboldt-County-BlueDot-Project-267778140227856/
   - https://www.facebook.com/2020MomProject/
   - https://www.facebook.com/MayCampaign/?ref=hl
   - https://www.facebook.com/PostpartumSupportInternational
   - https://www.facebook.com/TheBlueDotProject-447185901987823/

   If you took a photo with the large Blue Dot, please be sure that you and Humboldt Pregnancy & Postpartum Support Network are "friends" and that your organization is listed to ensure that we can tag your organization.

**RECOMMENDED #Hashtags & Handles:**

**FACEBOOK**
- #BlueDotProject
- #AskHer
- #HumboldtCountyBlueDotProject

**INSTAGRAM**
- #BlueDotProject
- #AskHer
- #MomsMatter

**HANDLES**
- @2020MomProject
- @MayCampaign

**Resources**

- BlueDot Project 2016
- Humboldt County Mental Health: 707-268-2900
  - Website: http://humboldtgov.org/406/Adult-Behavioral-Health-Services
  - Mental Health Program Contact Information Flyer: http://humboldtgov.org/DocumentCenter/View/845

- Healthy Moms: 707-441-5220
  - Website: http://humboldtgov.org/417/Healthy-Moms-Program

- Support International
  - Website: www.postpartum.net
  - Warm line: Postpartum Support International San Jose, CA Coordinator: Cheryl Hart (408) 475-4408
  - There is a TON of information on this website as well as printable posters and brochures: HERE

- Crisis Line/Emergency
  - If you are experiencing a life-threatening situation always call: 9-1-1
  - Humboldt County 24-hour Crisis Line: 707-445-7715
  - Toll-free Crisis Line: 888-849-5728
  - National Hope Line Network: 1-800-442-HOPE (4673)

**JOIN THE COMMUNITY**

The Humboldt Pregnancy & Postpartum Support Network can be contacted at:

Allison Tans, MCAH Analyst: atans@co.humboldt.ca.us or 707-441-5085.

Thank you.

Velva Angell
Theresa Ballew ~Treasurer
Laura Borden ~ Vice-Chairman
John Green
E. Diane Holliday ~ Member At-Large
Lorna Johnson Stanley
Shirley Laos
Donald McCovey
Denise Padgette
LaWanda Quinnell ~ Chairperson
Lisa Sundberg ~ Secretary

Alternates
- Barry Brenard
- Claudia Brundin
- Joseph Giovannetti
- Deborah Markussen
- Gary Markussen
- Mindy Natt
- Ruby Rollings
- Charlene Storr

Board Members

UIHS Board of Directors ~ 2016

All Board Members can be contacted at
1600 Weot Way, Arcata, CA 95521-4734
1.800.675.3693 or 707.825.5000 or Fax 707.825.6747

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Join Tag

Bike

US Highway 101 (6.57)
1100 Week Way, Arcata, CA 95521-4734
Fax 707.825.6747

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1.800.675.3693 or 707.825.5000 or Fax 707.825.6747
Pregnant and postpartum mood and anxiety disorders impact at least 1 in 7 families. The Humboldt Pregnancy & Postpartum Support Network is promoting the BlueDot Project with the goal of reducing stigma, increasing community awareness and engagement in conversation about maternal mental health.

Target audience is everyone! Through this Project, we will be able to increase our capacity to reach more individuals and organizations as well as gain a collective approach to an issue that impacts the entire community.

IT’S NOT JUST ANXIETY AND DEPRESSION
Many women will experience mild mood changes (often referred to as the “baby blues”) before, during or after the birth of their pregnancy. However 15-20% of women experience more significant symptoms of depression, anxiety or other mood disorders. The following can occur during pregnancy and/or postpartum: depression, anxiety, obsessive-compulsive disorder, post-traumatic stress disorder, bipolar, psychosis.

THE BLUE_DOT PROJECT
The BlueDot Project was created by three women who had experienced postpartum depression and anxiety. The Blue Dot was selected by Postpartum Support International as the universal symbol that demonstrates support for postpartum families. The goal of this Project is to raise awareness, to decrease stigma and to let moms know that they are not alone. Whether you have been there yourself, or know someone else who has, join women everywhere by proudly displaying your BlueDot today.

We want to blanket Humboldt County in BlueDots.
Together with Yolo County and Santa Clara County, and other national platforms (www.mmmcoalition.org), Humboldt County is participating in a joint effort to raise awareness using the BlueDot in a variety of ways.

BLUE_DOT PHOTO OPS
Organizations will be able to take a photo with the large BlueDot. These photos will be on Social Media sites.

Tagging others on Facebook and using dedicated hashtags as well as sharing is encouraged. The Department of Health & Human Services-Public Health Maternal Child and Adolescent Health Program and the Humboldt Pregnancy & Postpartum Support Network will be leading this effort.

Interested in taking a photo with the BlueDot? Contact Allison Tans: atans@co.humboldt.ca.us or 707-441-5085 (ASAP).
Have you seen one of these cards? There has been confusion about the AHC pharmacy card, and we hope to help answer those questions.

All UIHS eligible Indian clients should have received a card in the mail. The AHC card is for our eligible Indian clients to use when they have to pick up medications prescribed by a UIHS provider at a pharmacy other than the UIHS Pharmacy at Potawot Health Village. The card allows our clients to get prescriptions at the same price as if they were filling at the UIHS pharmacy. UIHS encourages clients to obtain and use their own prescription insurance card first. The AHC card can be used along with a client’s own insurance to help lower the copay and reduce the costs for UIHS. However, if a client does not have insurance that covers medications, this card can be used as a primary insurance.

What you should know about the AHC card:
1) Only eligible Indian clients may use the card. Some non-Indian clients have reported receiving an AHC card. These have been sent in error.
2) To remain eligible, Indian clients must be seen at medical clinic at least once a year by a UIHS provider at one of our clinics.
3) Clients have reported receiving more than one card. Any of the cards will work for the person who is named on the card as long as they remain eligible.
4) The AHC card may only be used at our contracted pharmacies.

a. Walmart and Safeway in Crescent City
b. Green’s Pharmacy in Fortuna
c. Willow Creek Pharmacy in Willow Creek
d. Barne’s Pharmacy in Arcata
e. Lima’s Pharmacy in Eureka

If you feel you should have an AHC card, but did not receive one, you can call AHC directly at 916-773-7227 or UIHS pharmacy at 707-825-5020.

TAG Family Fun Events

Every spring, we invite family members of our Teen Advisory Group (TAG) to join in fun games, a delicious meal and learn about TAG’s educational activities and accomplishments. We also honor TAG members who are graduating from high school with sweat shirts designed by a local Native artist. Everyone who attends the Family Fun event gets a tee-shirt with this design. TAG members are planning a very special program for their families so we strongly encourage family members of all ages to attend.

The Family Fun Event for Humboldt TAG members is Saturday, May 21, 2016, from noon-2:30, at the Potawot Health Village.

The Family Fun Event for Del Norte TAG members is Friday evening, May 27, 2016, from 5:30pm-8:00pm, at the Elk Valley Community Center.

Hope to see you there!

Eat Local at the Potawot Community Food Garden

What is considered local food? The North Coast CO-OP defines local food as, “any food grown or produced within 250 street miles, meaning how far food is transported/ driven. We chose this distance in order to be more in line with our bioregion (Humboldt/Del Norte/Trinity/Mendocino counties) and to provide food choices from a broad range of climates.” Some tips to eat local are to hunt, harvest and gather local, wild, traditional foods, attend your local Farmers Market, barter, and shop at your local grocery store where most stores are labeling product if local.

Eddie Tannor, owner of Deep Seeded Farm and author of The Humboldt Gardner, writes his perspective on building community: “Eating locally is more than just a great way to get the freshest foods and to support the local economy. It is a way to connect with our environment and strengthen the ties that make us a community. Eating is our most fundamental link to the natural world, and by looking to local sources we become attuned to the abundance and the limits of the soil under our feet and the climate we dwell in. Never before in history have we had more opportunity to separate ourselves from our environment, and thus it has never been more important to consciously make that connection. In taking this action, we become more in touch with our humanity. By sharing local foods and recipes, and by connecting with local producers, we come to a fuller realization of what it means to be a member of the community. It’s important to shop local and eat local. It helps the economy and its better for your health and the health of the environment. By eating local you are increasing the nutritional value of the fruits and vegetables that you purchase.”

We encourage TAG members who are graduating this spring to attend—even if they have not been active for a while.

The Family Fun Event for Humboldt TAG members is Saturday, May 21, 2016, from noon-2:30, at the Potawot Health Village.

Submitted by: Jude Marshall-Community Nutrition Manager

American Health Care (AHC) Pharmacy Card Understood

Submitted by: Timothy Connell, Pharmacy Director, UIHS

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TAG Family Fun Events

Submitted by: Rebecca Lowry, MSW, Program Manager Health Promotion and Education
such as, nutrition, physical activity, developed in Year 1 of the grant. Evaluation thereof that they had created, presently working with our nine (9) Tribal organizations (Component 2) for two and half days and Arcata/Resource Meeting brought in over 200 people from all over the nation, therefrom a grant funded across the nation, therefrom a CDC Director, was our keynote speaker, many more topics. Dr. Ursula Bauer, tobacco, community gardens, and traditional foodways, hunting, gathering, served as the catalyst toward the decay of health and wellness of our American Indian culture. The devastation of American Indian culture in Humboldt and Del Norte counties, began around 1850, and was particularly brutal. The intentional destruction of Native culture through colonization, assimilation, taking of land and other injustices, and intergenerational historical trauma has led to many of the problems facing our People today, including American Indian (AI) communities. CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) leads the nation's efforts to create supportive role in improving the health of American Natives. CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) has laid important ground work in chronic disease prevention efforts. In addition, these CDC programs and federal programs have laid important ground work in chronic disease prevention efforts. Five of them are extremely important and are available to us through the Department of Health and Human Services. (CDC) has been a state and national model for disease prevention and control, applying disease prevention and control expertise, information, and tools to support populations. The lasting effects of colonization continue to impact all aspects of American Indian (AI) communities. The community needs assessment was one of the first steps in developing a Community Action Plan that would address health needs and community strengths. The American Indian (AI) communities have higher rates of poverty, poor education, and Environmental (PSE) approach. Year 2 and Year 3 of the grant, 11 Tribes (Component 1), 11 monetary awards for this particular event of the signing of the documents for the removal of the dams take place, Not only did the historical places such as, 2 different locations in California, and many, many others. The conclusion of the presentation was made by Dr. Ursula Bauer, UIHS Project supervisor for the removal of the dams take place, Not only did the historical events of the signing of the documents for the removal of the dams take place, Not only did the historical...