

American Indian Health & Services

4141 State Street, Suite B-11, Santa Barbara, CA 93110 | (805) 681-7356



The Native Sun Newsletter

September/October 2021 Inside News

Suicide Prevention Awareness Month: Actions You Can Take	1 - 2
2021 Virtual GONA Shareback	3
Back to School	4
Taking Care of Your Mental Health	5
Healthy Heart, Healthy Brain	6
Take Action to Lower Your Risk of Breast Cancer	7
September 2021 Calendar	8
October 2021 Calendar	9
HIV 101: Break the Stigma	10
Anti-Bullying	11
Cyber Bulling	12
Virtual Regalia Workshop Series	13
Diabetes Corner Recipes	14
Spotlight	15
Word search	16

Suicide Prevention Awareness Month

September is National Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized and often taboo topic.

In the era of uncertainty due to COVID-19, caring for your mental health is critical. It's now more important than ever that we are there for each other and deepen the conversation around suicide and mental health. We can do this by changing the conversation of suicide, understanding mental health issues, paying attention to warning signs, and knowing where to turn for help.

Suicide is preventable. Together, we can help by learning actions we can take to help those struggling with their mental health and to raise awareness of resources available to those in crisis.

Call The National Suicide Prevention Lifeline at **800-273-TALK (8255)** if you or someone you know is in crisis or needs someone to talk to. For an emergency, call 911 immediately.



Actions You Can Take To Help Prevent Suicide

If someone you know is struggling with their mental health, you can be the difference by getting them the help they need. It's important to take care of yourself when you support someone through a difficult time, as this may stir up difficult emotions. If it does, please reach out to support yourself.

Learn how to care for your own Mental Health

A healthy mind is just as important as a healthy body. Here are a few simple activities you can do to relieve stress, encourage wellness and support a sense of well-being in difficult times.

- Develop a project, activity, or new skill (e.g. bead, sew, paint, draw)
- Practice mindfulness (e.g. deep breaths, journaling, pray, meditate)
- Take breaks from stressful news updates
- Spend time in nature
- Call loved ones; share feelings and experiences
- Keep a regular sleep schedule
- Drink plenty of water
- Eat well-balanced meals with fruits and vegetables
- Exercise
- Avoid alcohol and drugs
- Find a way to laugh every day

Learn the warning signs

While there is no single cause for suicide, risk factors and warning signs may increase an attempt's likelihood. Learning them can save lives.

- Feeling like a burden
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Increase anger or rage
- Extreme mood swings
- Expressing hopelessness
- Acting anxious or agitated; behaving recklessly
- Talking or posting about having no reason to live
- Withdrawing from activities
- Giving away prized possessions
- Being isolated
- Sleeping too little or too much
- Searching online or buying a lethal weapon

Know Your Local, State & National Resources



CalHOPE RedLine provides national, state, and county resource referrals and trauma-informed support for Urban Indian, Tribal, and rural populations in California.

Call: 1-888-368-4090
Text: 916-252-5002



The National Suicide Prevention Lifeline provides 24/7 free, confidential support for people in distress, prevention, and crisis resources.



TrevorText is a confidential and secure resource that provides live help for LGBTQ+ youth via text. 1 (866) 788-7386 or text "Start" to 678-678



American Indian Health & Services' Annual Youth Gathering of Native Americans (GONA)

This year AIH&S hosted our 3rd annual Youth GONA!

Over 40 community members joined us in this year's virtual GONA. The four themes of GONA helped to guide the events throughout the day. Activities throughout the event consisted of:

- Greetings in traditional languages
- Storytelling, song, prayer
- Discussions amongst clan groups
- Breakout room activities
- Raffles and activities

Each participant received 4 activity kits rooted in the GONA theme of the day and a GONA guide filled with traditional food recipes, mini teachings on plant relatives, and many other activities!

Highlights:

1 This was AIH&S' 3rd annual Youth GONA!

We are glad to host GONA virtually for the 2nd year in a row!

2 Increase in GONA participants!

There were over 40 youth, peacemakers, clan elders, culture keepers, and volunteers who joined this year, which was an increase from last years GONA.

3 Many raffle prizes were won!

Over 40 raffles prizes were won during the event! Including Urban Native Era stickers, GONA T-shirts, Fanny Pack, socks, and much more.



Build your own Alter Kit



Self-Care Box



Woven Bracelet Kit



Traditional Rice Kit

Interested in learning more about GONA or would like to be a part of our next GONA event?

Follow us on Facebook (@AIHSCORP) or reach out via email to Communitywellness@aihscorp.org.

Themes rooted in GONA curriculum

Belonging | **Mastery** | **Interdependence** | **Generosity**



Back to School



Know what to Expect at School or Child Care

COVID-19 outbreaks can happen in schools and child care programs, but when multiple prevention strategies are used, most children can safely continue to attend these programs in person. Consider reviewing the COVID-19 Safety Plan for your child's school or child care program and become familiar with the prevention policies.

Prevention Actions

1.

Consistent and Correct Mask Use

Consistent and correct mask use is especially important indoors and in crowded settings when physical distancing cannot be maintained. The CDC recommends indoor masking for all individuals age 2 years and older, regardless of vaccination status.



2.

Handwashing and Respiratory Etiquette



Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available. Cover coughs and sneezes to keep from getting and spreading illnesses.

3.

Get Your COVID Vaccine

The COVID-19 vaccination is the leading public health prevention action to end the pandemic. People 12 years and older are now eligible for COVID-19 vaccinations.



Don't feel well?

Be mindful of COVID-19 signs such as:



Chills

Cough



Sore throat

Additional symptoms include: Shortness of breath or problem breathing, loss of taste or smell, muscle pain, fever, diarrhea, feeling nauseous or vomiting, headache, and poor appetite.

Remember:

Keep your child home if they are sick. Call your child's healthcare provider for testing and care. Staying home when sick with COVID-19 keeps infections out of schools and child care programs and prevents the spread to others.



Call AIH&S Medical clinic to schedule your COVID-19 vaccine appointment.
(805) 681-7144



Taking Care of Your Mental Health

Mental health is an important part of overall health and wellbeing. Mental health problems can cause people to think, act, and feel differently than they usually do. For a person going through these difficulties, the different feelings are genuine and often scary. Mental health problems are common in at least one out of every five people, according to the Center for Disease Control and Prevention.

Why is Mental Health important for overall health?

Mental and physical health are equally important components of our overall health. For example, depression increases the risk of many physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.

Can your Mental Health change over time?

Yes, it's important to remember that a person's mental health can change over time, depending on many factors. When the **demands** placed on a person **exceed** their **resources** and coping abilities, their mental health could be impacted. For example, those working long hours, caring for a relative, or experiencing economic hardship may experience poor mental health.

Steps to Care for Yourself

Take Care of Your Body

- * Try to eat healthily, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.

Connect

- * Share your feelings with a friend or family member. Maintain relationships and rely on your support system.

Take Breaks

- * Make time to unwind. Try to return to activities that you enjoy.

Think Positive

- * Maintain a sense of hope and positive thinking; consider keeping a journal.

Time away from technology

- * Avoid excessive exposure to media coverage, as this tends to increase anxiety and worry.

Your Mental Health during COVID-19 Pandemic

It's natural to feel stress, anxiety, grief, and worry during and after a disaster. Pay attention to how you and your family member are feeling and acting.

Taking care of your emotional health will help you think clearly and react to urgent needs to protect yourself and your loved ones.

Are you Concerned about your Mental Health?

Don't be afraid to reach out if you or someone you know needs help.

Call AIH&S Behavioral Health Department for an appointment at (805) 681-7144



Healthy Heart, Healthy Brain...

The River of Life Flows Through the Heart,
Protecting the Mind and Body



1 in 3

American Indians over 65 develop dementia, including Alzheimer's



Steps you can take for a healthy mind, heart, and body:

- ▶ **Get a little exercise** everyday. Try to get 1.5 - 2 hours of exercise each week.
- ▶ **Eat fresh fruits and vegetables** and foods that are low in salt and sugar.
- ▶ **If you smoke or chew tobacco**, stop. Refer to pg. 13 for IHS text resource to help quit commercial tobacco use.
- ▶ **Protect your head.** Falls are the number one cause of head injury in older adults.
- ▶ **Keep your mind active.**

Elders with heart disease, high blood pressure, or diabetes have a much higher risk of developing Alzheimer's or other dementias.

Talk to your health care provider about how to keep your mind, heart, and body healthy.

**Call AIH&S Medical Clinic for an appointment
(805) 681-7144**

What are Dementia and Alzheimer's?

Dementia is the general term to describe a group of symptoms affecting memory, thinking, and social abilities severely enough to interfere with daily life.

Alzheimer's disease is the most common cause of progressive dementia in older adults. Alzheimer's is a disease that damages and destroys brain cells over time.

5 Alzheimer's Warning Signs

- 1 Challenges in planning or solving problems: having trouble paying bills or cooking recipes you have used for years.
- 2 Difficulty completing familiar tasks at home, at work, or at leisure: having problems with cooking, driving places, using a cell phone, or shopping.
- 3 Decreased or poor judgment: being a scam victim, not managing money well, paying less attention to hygiene, or having trouble taking care of a pet.
- 4 Changes in mood and personality: getting easily upset in common situations or being fearful or suspicious.
- 5 New problems with words in speaking or writing; having trouble following or joining a conversation, or struggling to find a word you are looking for (e.g. saying "that thing on your wrist that tells time" instead of "watch").



Take Action to Lower Your Risk of Breast Cancer



Knowing your cancer risk and being proactive about your health may help you take steps to lower your risk of getting breast cancer or find it at an early stage.

Learn Your Family History of Cancer

Asking relatives about their cancer histories can be difficult.

Follow these tips to help start the conversation:

- ✓ Share that you've learned that cancers can run in families.
- ✓ Explain that you are creating a record of your family's history of cancer.
- ✓ Encourage family members to respond in a way that is most comfortable to them.
- ✓ Word your questions carefully (be detailed, compassionate), be a good listener, and respect their privacy.
- ✓ Write down who had cancer, their relationship to you, their age when diagnosed, and type of cancer.

Did You Know?

Inherited mutations are thought to play a role in 5-10% of breast cancers and 10-15% of ovarian cancers.

Make Healthy Lifestyle Changes

Increase the chance of finding breast cancer early, when it's easier to treat.

- Know how your breasts normally look and feel.
- Talk to your doctor right away if you notice changes in your breast.
- Talk to your doctor if you have a higher risk, including a family history of cancer.



Maintain a **healthy weight**



Get enough **physical activity**



Breastfeed your babies

Schedule a Mammogram Screening

A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. Regular mammograms are the best test doctors have to find breast cancer early, sometimes up to three years before it can be felt.

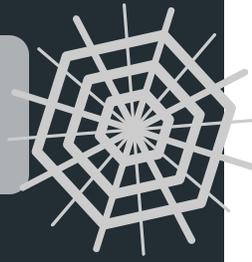
Call AIH&S Medical Clinic at (805) 681-7144 to schedule a mammogram.



September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	September is National Suicide Prevention & Awareness Month					
5	6 AIH&S Closed for Labor Day	7	8	9	10	11
National Suicide Prevention Week						
 12 National Grandparents Day	13	14  Ribbon Skirts Day 1	15	16  Ribbon Skirts Day 2	17	18
19	20	21  Ribbon Skirts Day 3	 September Equinox Fall begins	23	24 AIH&S Closed for California Native American Day	25
26	27	28  Ribbon Skirts Day 4	29	30	1	2

"If we are not humbled by the mere fact that we woke up this morning, then we are forgetting the greatest gift ever given to us." - Wayne Snellgrove, Fishing Lake First Nation Canada



October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	 October is Breast Cancer Awareness Month				1	2		
3	 Child Health Day	 Ribbon Skirts Day 5	4	5	6	7	8	9
10	 Indigenous Peoples Day	11	12	13	14	15	16	
17	18	19	20	21	22	23		
24	25	 Moccasins Day 1	26	27	 Moccasins Day 2	28	29	30
 31 Halloween								

"Hope is the beam of light we send out to the universe. Our attitudes decide how bright it is. Our determination decides how far it goes."
 - Wayne Snellgrove, Fishing Lake First Nation Canada

No Matter Who You Are, an **HIV** Test is Right for **You!**



Together We Can All Help End **HIV** Stigma & Discrimination.

HIV stands for *human immunodeficiency virus*. It weakens a person's immune system by destroying important cells that fight disease and infection. There is currently no effective cure for HIV. But **with proper medical care, HIV can be controlled.**

HIV 101

The only way to know your HIV status is to get tested. Knowing your status gives you powerful information to keep you and your partner(s) healthy.

HIV **CAN BE** TRANSMITTED BY



Sexual Contact



Sharing Needles to Inject Drugs



Pregnancy, Birth, or Breastfeeding (Mother to Baby)

HIV **IS NOT** TRANSMITTED BY



Air or Water



Saliva, Sweat, Tears, or Closed-Mouth Kissing



Insects or Pets



Sharing Toilets, Food, or Drinks

Break the HIV Stigma

HIV stigma includes negative attitudes and beliefs about people with HIV. The prejudice comes with labeling an individual as part of a group that is believed to be socially unacceptable.

You can make a difference by learning more about HIV and sharing that knowledge with others. HIV stigma is harmful because it affects the emotional well-being and mental health of those living with HIV. The discrimination and stigma they experience would prevent them from getting tested and treated for HIV. The words we use matter. Know how to talk about HIV to avoid stigma by reading "A Guide to Talking about HIV" provided as an inserted handout to this newsletter.

Keep Yourself Healthy & Protect Others

- Get tested at least once or more often if you are at risk.
- Use condoms the right way every time you have sex.
- Don't inject drugs, or if you do, don't share needles, syringes, or other drug-injection equipment.
- If you are at risk for HIV, ask your health care provider if pre-exposure prophylaxis (PrEP) is right for you.

The best protection against HIV is knowing your status. Please contact the Medical clinic for additional confidential information.



(805) 681-7144



Maintain your peace of mind. Prevent HIV your way.



Bullying is never okay.



Unfortunately, bullying can happen anywhere and to anyone. The adverse effects of being bullied can leave the victim feeling helpless, humiliated, or even suicidal. Bullying among school-aged children typically involves a power imbalance, such as physical strength, knowledge of embarrassing information, or popularity to intimidate or control others. Bullying behaviors happen more than once or have the potential to happen more than once. And both the bully and the victim may have serious, lasting effects. Bullying is preventable. Let's work together to stop bullying at school, at work, and online.

Common types of bullying include:

Physical bullying includes hitting, kicking, or pushing (or threatening to do so), as well as stealing, hiding, or ruining other's objects, hazing, harassment, or humiliation.

Verbal bullying includes name-calling, teasing, taunting, insulting, spreading lies or rumors, or other verbal abuse.

Social bullying sometimes referred to as relational bullying, involves hurting someone's reputation or relationships.

American Indian/Alaska Native students at the state and local level experience a 1.9% - 9.2% higher rate of bullying and harassment than their white counterparts.



Nearly 14% of public schools report that bullying happens at least once a week.

One in five high school students reported being bullied on school property in the last year.



Anthony V. Williams J. Cordero R, et al. American Indian Health & Services Community Wellness Report 2020: An Assessment of the Strengths & Needs of the Urban American Indian & Alaska Native Communities of Santa Barbara & Ventura Counties 2020. BEE5D3

Center for Disease Control and Prevention. Youth risk behavior surveillance - the United States, 2017. <https://www.cdc.gov/healthyouth/data/yrbs/pdf/2017/ss6708.pdf>

Witness Bullying?



You can break the chain. A **bystander** is a witness who sees or knows about someone else being bullied. Did you know that bullying will usually stop within minutes when a bystander or friend steps up and gets involved? **Bystanders can stop bullying in its tracks.**

- **Bullying is everyone's problem.** Intervene immediately. It's okay to get another adult to help.
- **You may have to be the first person to step up.** It takes courage to speak up for what's right.
- **Nobody deserves to be bullied.** We can never know what another person is dealing with.
- **It's a big deal to the person being bullied.** Imagine what they're going through. The effects of bullying can be serious, and they may be feeling powerless and isolated.
- If you feel you or someone else's safety is threatened, call 911 or the local police.

More information on bullying visit stopbullying.gov



Warning Signs



Many warning signs may indicate that someone is affected by bullying, being bullied, or bullying others. Recognizing the warning signs is an important first step in taking action against bullying. **Not all children who are bullied or are bullying others ask for help.**

Signs that may point to a bullying problem are:

- Unexplainable injuries.
- Lost or destroyed clothing, books, electronics, or jewelry.
- Frequent headaches or stomach aches, feeling sick, or faking illness.
- Changes in eating habits, like suddenly skipping meals or binge eating. *Kids may come home from school hungry because they did not eat lunch.*
- Difficulty sleeping or frequent nightmares.
- Declining grades, loss of interest in schoolwork, or not wanting to go to school.
- Sudden loss of friends or avoidance of social situations.
- Feelings of helplessness or decreased self-esteem.
- Self-destructive behaviors, such as running away from home, harming themselves, or talking about suicide.

If bullying or cyberbullying leave you or someone you know feeling suicidal, call National Suicide Prevention LifeLine at **1-800-273-8255** Spanish Line: **1-888-628-6754**



Virtual Regalia Series

Ribbon Skirts & Moccasins

Let's create handmade regalia together! Join the AIH&S Community Wellness team in September and October for two virtual regalia-making series, Ribbon Skirts and Moccasins!

Ribbon Skirt Sept 14 - Oct 05, 2021

Ribbon Skirts are unique and powerful regalia often worn at powwows or for special occasions. Traditionally, skirts were made from animal hide and decorated with natural materials. Today, these skirts are made from cotton and ribbons. These skirts have become a universal symbol of resilience, scaredness, and survival and are worn by many indigenous people.

During this series, we aspire to raise awareness of Missing and Murdered Indigenous Relatives (MMIR) and encourage participants to make a skirt for themselves, a relative, or in honor of those affected by MMIR crisis.

Tuesday, September 14, 2021 | 3:30PM - 4:30 PM

Thursday, September 16, 2021 | 3:30PM - 5:30 PM

Tuesday, September 21, 2021 | 3:30PM - 5:30 PM

Tuesday, September 28, 2021 | 3:30PM - 5:30 PM

Tuesday, October 05, 2021 | 3:30PM - 5:30 PM



Scan QR code to register, or visit our FB (@AIHSCORP) for link.

Program Full

Moccasins

Oct 26 - Nov 9, 2021



Indigenous peoples have worn moccasins for centuries. Different tribes have distinct styles and practices, ranging in height from ankle to knee. While there are many variations of moccasins, they all play the important role of protecting feet from rough terrain and practicing our traditions.

In anticipation of the social media event, Rock Your Mocs Day (November 15th), we'll learn to handmade a pair of moccasins!

Tuesday, October 26, 2021 | 3:30PM - 4:30 PM

Thursday, October 28, 2021 | 3:30PM - 5:30 PM

Tuesday, November 2, 2021 | 3:30PM - 5:30 PM

Thursday, November 4, 2021 | 3:30PM - 5:30 PM

Tuesday, November 9, 2021 | 3:30PM - 5:30 PM



Scan QR code to register, or visit our FB (@AIHSCORP) for link.

Sign up for one or both of these program series. No experience is necessary. Supplies are limited to the first 35 AIAN residents of Santa Barbara or Ventura counties.

For questions regarding the program series, reach out to AIH&S Community Programs Coordinator Manuel "Manny" Luna at MLuna@aihscorp.org or (805) 681-7356 x272.

Diabetes Corner

Fall Recipe



Easy Turkey Chili



PREP. TIME

10



COOK TIME

25



SERVES

4



INGREDIENTS

- 1/2 tsp. Salt
- 1 tsp. Cumin
- 1 tbsp. chili powder
- 1 small yellow onion (diced & peeled)
- 1 14.5-ounce can no-salt-added diced tomatoes
- 1 bell pepper, any color (diced)
- 1 lbs. lean ground turkey
- 1 nonstick cooking spray
- 1/2 tsp. ground black pepper

DIRECTIONS

1. Add cooking spray to a stock pot over high heat. Add the turkey and sauté until just cooked through, about 7-8 minutes.
2. Add the remaining ingredients and bring to a boil. Reduce to a simmer for 15 minutes.
3. Serve hot or cool to room temperature, then store in an airtight container in the refrigerator for up to one week or package in freezer bags in one cup increments for up to 3 months.

Chocolate Walnut Mug Cake



PREP. TIME

5



COOK TIME

1



SERVES

1

INGREDIENTS

- 2 tbsp. unsweetened cocoa powder
- 2 tbsp. white whole-wheat flour
- 1 nonstick cooking spray
- 1/4 tsp. baking powder
- 1 pinch of salt
- 1 1/2 tsp. stevia powder
- 1 1/2 tsp. canola oil
- 2 tbsp. skim milk
- 1/4 tsp. vanilla extract
- 3/4 tbsp. chopped walnuts

DIRECTIONS

1. Spray a coffee mug with cooking spray.
2. Add flour, cocoa powder, baking powder, salt, stevia, canola oil, milk and vanilla and stir to combine.
3. Microwave for 45 seconds.
4. Top with the walnuts and serve.



AIH&S Staff Spotlights

Hola/Hello, my name is Amy Lopez, a bilingual and bicultural Latinx, pronouns She/Her/Hers. I am a daughter of Mexican immigrant parents and the first generation to attend college. I have been in the helping profession for over 12 years, working with teens, families, and adults, using evidence-based practices in outpatient and non-profit settings. Some of my specialties are oncology, home health, and end of life. In 2018, I graduated with a Master's in Social Work at California State University, Northridge, receiving the Jean E. Daniels Award for Leadership and Academic Excellence. As a Latinx, I understand the importance of creating a nonjudgmental place while integrating culture in therapy.

When not at work, I enjoy mountain biking (with my hubby), dancing, traveling the world, and spending time with familia. I have a daughter (22 y/o) and two male cats, Princess and Mariposa.

I am honored to be part of the Behavioral Health Department at American Indian Health and Services.



Social Worker

Amy Lopez



Pediatrician

Dr. Sarah Hemmer

Hello to my new wellness community! My name is Sarah Hemmer and I am a licensed pediatrician at AIHS. I am originally from Chicago, but I was converted to loving California during my time at Stanford. I returned to Chicago briefly and enjoyed my time at Northwestern University Medical School. However, I found the winters too cold and decided to settle back in California where my husband is from. My pediatric residency at Children's Hospital Los Angeles was wonderful training. After residency, I moved to San Francisco and worked in an underserved community focusing on building resilience in a community with high levels of adverse childhood experiences (also known as ACES). In 2013, I moved to Santa Barbara where I now live with my husband and two boys, 10 and 6 yrs old. I worked for nearly 8 years as a pediatrician in Ventura at the Pediatric Diagnostic Center, caring for many children with complex medical and psychiatric conditions. I loved my patients and team in Ventura but was excited to find a clinic in Santa Barbara where I can serve the community I live in. I am thrilled to be a part of this dedicated, well-rounded team of care providers!

Please know I consider it a great privilege to care for children and families. I so enjoy forming a bond with my families and taking care of them over time. I believe that our social and emotional environment deeply impacts our health and I want to help you make sure your children are healthy both physically and emotionally. Parents know that they can trust me and that I'll always say, "No question is a silly question!"

Over the last ten years, I've been particularly interested in bettering our understanding of how stress and adverse childhood experiences (ACES) in childhood affects our health. I served on the Santa Barbara Resiliency Project helping ACES work become more widespread in Santa Barbara and the ACES Aware Ventura County project making ACES work more widespread in Ventura County. I'm very comfortable caring for children with special health care needs or special emotional or educational needs.

In my free time, I love to be outdoors with my family. We hike, backpack, bike, run, fish, and just about anything that gets us outside. We also enjoy live music and sharing meals with friends and extended family. We've traveled throughout the USA, Latin America, and Asia and look forward to exploring more of the world together.



American Indian Health & Services provides quality health care services that promote the health and well-being of American Indians/Alaska Natives and other community members.

AIH&S will be closed for the following days: September 6th, 24th 2021

The NSNL is a bi-monthly periodical available by mail. Questions about the NSNL? Interested in signing up?

Contact: Kiana Cates, Communications Coordinator
Kcates@aihscorp.org or (805) 681-7356 x 401

NSNL prepared by Kiana Cates, Communications Coordinator with contributions from:



Heaven Estrada
Jessica Foster
Manuel "Manny" Luna
Oliver Murray
Sierra Ramirez
Simone Nalls

U F J F X M J N E Z A M N R O C K
S P I D E R S E N S R B A S C T S
W P Y W E F R Y B R E A D N D Q C
R C O S Q U A S H P O E H I S O A
N W N E E W O L L A H C F K L F R
C A N D Y C O R N S O H A P A P E
L E A V E S O I D S M A M M M I C
N M U T U A Y F T I I R I U I N R
C H T A T G I U E G F V L P N E O
I U G R E D M H R E I E Y L A C W
D E A J E E T S J U R S O E U O E
E A E Q S A T R A D I T I O N N R
R E M U U K T P O T I P I E N E I
I E Z Y A H V S V C E K V X H F E

Leaves
Pumpkins
Scarecrow
Candy Corns
Costumes
Acorn
Squash
Harvest
Spiders
Pinecone
Treats
Cider
Halloween
Corn Maze
Frybread
Hay
Autumn
Animals
Tradition
Family

Administration:

4141 State Street, Suite B-11
Santa Barbara, CA 93110
Phone: (805) 681-7356
Fax: (805) 681-7358

Mon - Fri: 8AM to 5PM

For Referrals, please call:
(805) 681-7356 x 244

For Medical Records, call:
(805) 681-7356 x 235

Behavioral Health:

4141 State Street, Suite B-11
Santa Barbara, CA 93110
Phone: (805) 681-7144
Fax: (805) 683-6108

Mon - Fri: 8AM to 6PM

Community Wellness:

4141 State Street, Suite B-11
Santa Barbara, CA 93110
Phone: (805) 681-7356 x 401

Mon - Fri: 8AM to 5PM

Medical Clinic:

4141 State Street, Suite B-3
Santa Barbara, CA 93110
Phone: (805) 681-7144
Fax: (805) 683-6108

Mon - Fri: 7:45AM to 6PM

Pediatric Clinic:

4141 State Street, Suite A-1
Santa Barbara, CA 93110
Phone: (805) 681-7144

Mon - Fri: 8AM to 5PM

Dental Clinics:

4141 State Street, Suite C-2
Santa Barbara, CA 93110
Phone: (805) 696-1002
Fax: (805) 696-1003

Mon - Fri: 7:45AM to 6PM

5412 Carpinteria Ave
Carpinteria, CA 93013
Staff observe lunch
12:30PM-1:30PM
Phone: (805) 696-1002

Mon, Tue, Thurs:
8:30AM to 5:30PM