



MAY



NEWSLETTER



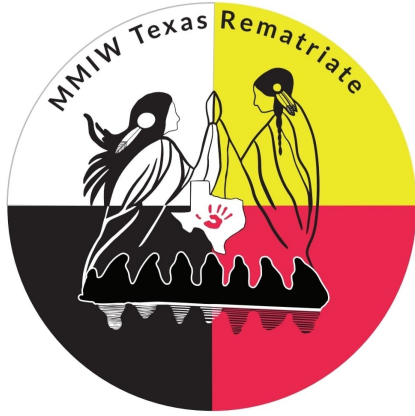
MISSING &
MURDERED
INDIGENOUS
PEOPLE (MMIP)

AWARENESS MONTH

Missing and Murdered Indigenous People (MMIP) Awareness Month is an observance dedicated to raising awareness about the disproportionately high rates of missing and murdered Indigenous individuals, particularly women, girls, and two-spirit people, in North America. This observance aims to shed light on the systemic issues, historical injustices, and ongoing challenges faced by Indigenous communities regarding violence, trafficking, and lack of adequate resources for addressing these issues.

Many Indigenous organizations, tribal nations, advocacy groups, and government entities participate in MMIP Awareness Month to honor the lives of missing and murdered Indigenous people, support survivors, demand justice, and work towards preventing future tragedies.

One such local organization, is **MMIW TX REMATRIATE**, whose mission is to search for and bring home missing relatives; to support and offer healing processes to the families of the missing and murdered; and to advocate for social change on behalf of all indigenous relatives.



[Learn More](#)

NEW MEDICAL PROVIDER JOINS TNH!

Texas Native Health is pleased to introduce our newest addition to the healthcare family, Physician Assistant Anthony Douthit! Anthony brings a wealth of experience and a deep commitment to community health to our team. Please join us in welcoming Anthony Douthit to our Texas Native Health family!



**Anthony Douthit, PA
(Choctaw)**

Born and raised in the DFW area, Anthony's journey in healthcare started as a hospital corpsman in the Naval Reserves, followed by a decade-long career as a firefighter/paramedic. His dedication to serving others led him to pursue a master's in physician assistant studies, which he completed at the University of North Dakota in 2023.

Anthony's passion for improving community health is evident in his work, and we are delighted to have him join us at Texas Native Health. Outside of work, Anthony enjoys spending time with his wife and three children, exploring nature through hiking and camping, and participating in local church activities.

As a proud citizen of the Choctaw Nation, Anthony is grateful for the support he received during his education and considers it an honor to give back to the Native American community.

NATIVE AMERICAN MODELS NEEDED



Texas Native Health is looking to capture the true representation and essence of the community we serve. We are looking for individuals interested in appearing in our upcoming brand anthem film!

LEARN MORE/SIGN-UP

STROKE

awareness month

ACT FAST

TO RECOGNIZE THE SIGNS OF A STROKE

FACE

F

Facial weakness: One side of face may appear droopy when smiling

ARMS

A

Muscle weakness: May be unable to lift one arm or one arm may drift downward

SPEECH

S

Difficulty speaking or slurred speech can indicate a stroke

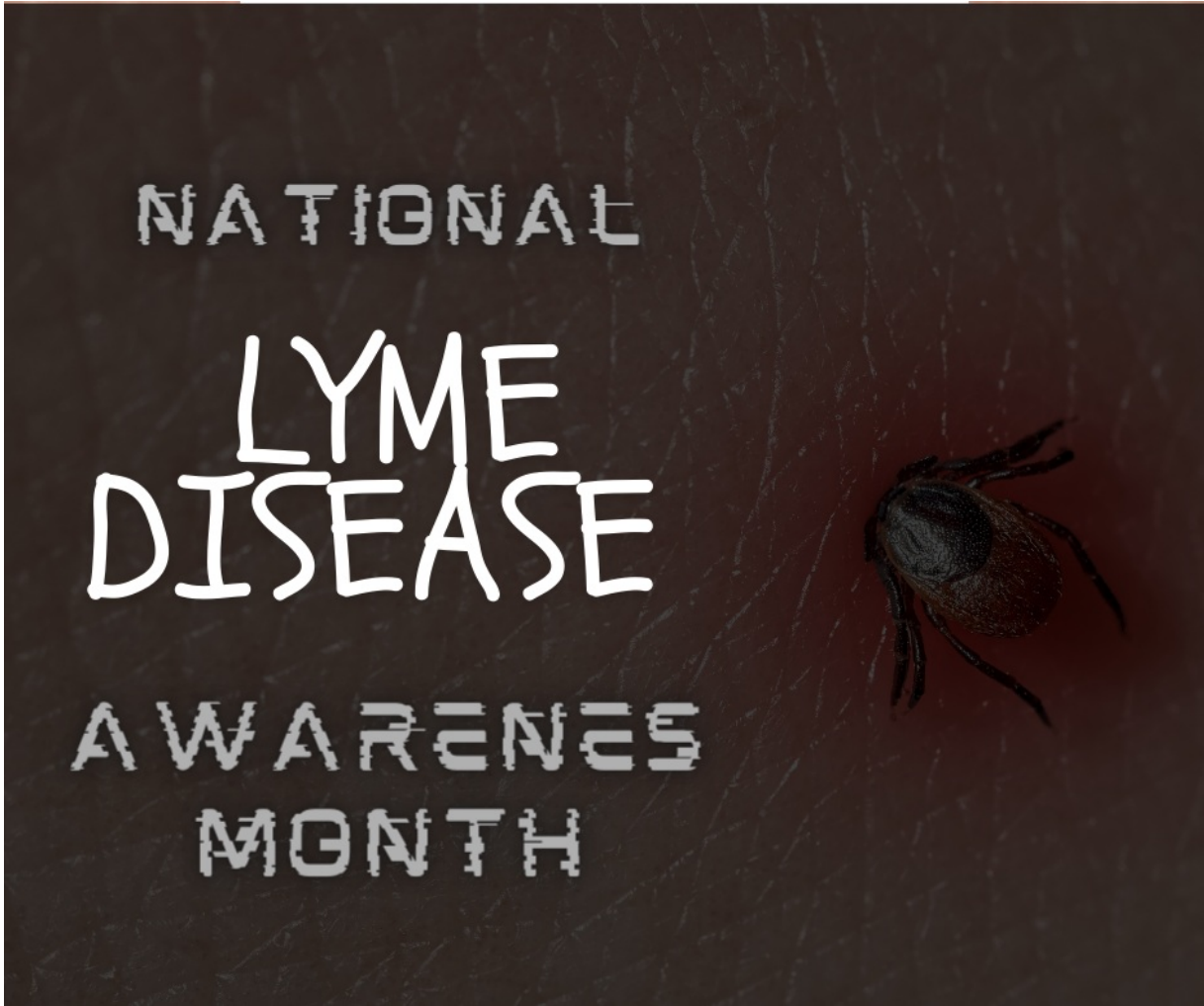
TIME

T

If you observe any of the above symptoms, seek medical attention immediately.



We extend our deep appreciation to the Consulate General of Canada in Dallas for their generous donation and support of Texas Native Health. Their recent contribution as part of the 2024 Charitable Campaign highlights a shared commitment to improving health outcomes and promoting wellness within Native American communities. We are honored to collaborate with the Consulate General of Canada in providing culturally competent care, preventive services, community outreach, and advocacy. Together, we are making



Neuropsychiatric

Insomnia
Anxiety/Rage
Depression
Hallucinations
Memory Loss

Nervous System

Encephalitis
Meningitis
Optic Nerve Swelling
Blurred Vision
Seizures

BARTONELLA SYMPTOMS

Skin

Skin Lesions
Stretch-mark like rash
Swollen lymph nodes
BA (bacillary angiomatosis) lesions

Circulatory System

Endocarditis
Myocarditis
Anemia/Low Platelets
Vasculitis
Tachicardia (POTS)


BARTONELLA SYMPTOMS

Musculoskeletal

Muscle Pain
Bone Pain
Arthritis
Osteomyelitis
Pain in soles of feet

Other

Fever/Chills
Fatigue
Hepatitis
Enlarged Spleen
Enlarged thyroid



LOOK OUT FOR
THESE WARNING
SIGNS IN LOVED ONES

1. **Expressions of Hopelessness:** Persistent feelings of hopelessness, worthlessness, or having no purpose in life.
2. **Withdrawal:** Social withdrawal or isolation, avoiding activities they used to enjoy, and distancing themselves from friends and family.
3. **Changes in Behavior:** Sudden or drastic changes in behavior, mood swings, increased irritability, or aggression.
4. **Talking About Suicide:** Directly or indirectly mentioning suicide, expressing thoughts like "I wish I were dead" or "Life isn't worth living."
5. **Giving Away Possessions:** Giving away prized possessions, making final arrangements, or expressing feelings of being a burden to others.
6. **Substance Abuse:** Increased use of alcohol or drugs as a way to cope with emotional pain.
7. **Self-Harm:** Engaging in self-harming behaviors, such as cutting, burning, or other forms of self-injury.
8. **Changes in Sleep or Appetite:** Significant changes in sleep patterns (insomnia or excessive sleeping) or appetite (eating significantly more or less than usual).
9. **Sudden Calmness:** A sudden sense of calmness or relief, which can occur if the person has made a decision to end their life.
10. **Seeking Access to Means:** Trying to access firearms, medications, or other lethal means.

It's essential to take any signs of suicidal thoughts or behavior seriously and seek professional help immediately. Encourage your loved one to talk openly about what they're feeling and ensure they have access to mental health resources and support.

#SUICIDE AWARENESS
#988

Recognizing the Signs of

SUBSTANCE ABUSE

Recognizing substance abuse in oneself can be challenging, as it often involves acknowledging problematic patterns of behavior and their impact on various aspects of life. Here are some signs that may indicate substance abuse:

1. **Increased Tolerance:** Needing more of the substance to achieve the same effect (e.g., needing higher doses of alcohol to feel intoxicated).
2. **Withdrawal Symptoms:** Experiencing physical or psychological symptoms when not using the substance (e.g., anxiety, irritability, tremors, nausea, sweating).
3. **Loss of Control:** Difficulty controlling the amount or frequency of substance use, unsuccessful attempts to cut down or quit, spending a lot of time obtaining or using the substance.
4. **Neglecting Responsibilities:** Prioritizing substance use over responsibilities at work, school, or home, leading to neglect of duties or obligations.
5. **Interpersonal Issues:** Strained relationships with family, friends, or colleagues due to substance use, conflicts, arguments, or withdrawal from social activities.
6. **Health Problems:** Experiencing physical or mental health issues related to substance use (e.g., liver damage from alcohol, respiratory problems from smoking, anxiety or depression).
7. **Changes in Behavior:** Engaging in risky or dangerous behaviors while under the influence (e.g., driving under the influence, risky sexual behavior), mood swings, secrecy about substance use.
8. **Legal or Financial Problems:** Getting into legal trouble related to substance use (e.g., arrests for drug-related offenses, DUI), financial difficulties due to spending money on substances or legal fees.
9. **Preoccupation with the Substance:** Thinking about the substance frequently, planning activities around its use, feeling anxious or irritable when unable to use it.
10. **Denial or Rationalization:** Minimizing the impact of substance use, denying that it's a problem, rationalizing or justifying continued use despite negative consequences

NATIVE PATHWAYS PROGRAM



Dallas

SUMMER CAMP 2024 INDIGENIZING OUR SPACE

WEEK 1 | JUN 10 - 14 | FOCUS ON INDIGENOUS COMMUNITY

WEEK 2 | JUN 17/18 & 20/21 | EXPLORING INDIGENOUS
LAND

WEEK 3 | JUN 24 - 28 | CELEBRATING INDIGENOUS
EXPRESSION

Sign up for 1, 2, or all 3 weeks!



FOR STUDENTS WHO HAVE JUST FINISHED KINDERGARTEN
TO SENIORS WHO HAVE JUST GRADUATED.



Lunch, snacks, NPP Shirt, entrance fees and
transportation to scheduled events are
provided by the Native Pathways Program



Register Here



Jennifer Tahbonemah
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JTahbonemah@TexasNativeHealth.org
214-446-3631

Olivia Woodward
Cultural Education Coordinator
Owoodward@TexasNativeHealth.org
214-446-3638

SUMMER 2024 | COMMUNITY | NATURE | ADVENTURE

SIGN-UP FOR NPP CAMP
2024

Upcoming Events From Other Organizations



Department of Health and Human Services
and Department of Interior
HOSTS



BUY
INDIAN
SMALL BUSINESS
INDUSTRY DAY

WEDNESDAY | MAY 15, 2024

VIRTUAL MATCHMAKING

THURSDAY | MAY 16, 2024

May 15 - Pre-Registration Required: <https://bit.ly/48YdtzE>

May 16 - Virtual Matchmaking Registration:
<https://mbmapp.com/event/buyindianindustryday2024>

GATEWAY COMMUNITY COLLEGE

IE Building - Copper Room | 108 N 40th Street | Phoenix, AZ 85034



- ★ Valuable Speakers
- ★ Grow Your Business

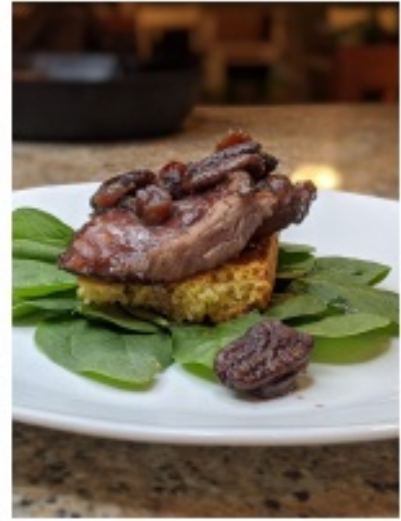
- ★ In-Person Networking
- ★ In-Person Federal Agency and Resource Marketplace



Ushering a New Era of Opportunities

Indigenous Dishes of North America With Mariah Gladstone

Tue, Jun 4, 2024 4 sessions \$80 per person



**GET
TICKETS**

Free and Open to the Public

Join us on May 16, 7pm at the JCC. RSVP to: susan@swjc.org



***THE MANY FACES OF HUMAN
TRAFFICKING IN DFW***

Thursday, May 16, 2024

7:00-8:30 PM

Aaron Family JCC

7900 Northaven Road

Dallas, Texas 75230

Free and Open to the Public

Seating is Limited

RSVP to: susan@swjc.org

An open and frank discussion on the tragedy of human trafficking in the DFW metroplex.

DFW is a major hub of human trafficking. This program will be of interest to parents, grandparents, educators, service agencies and all who are interested in this important topic.

A panel including two major metropolitan support agencies. Hear the story of a survivor who has come through this experience.

In-Person program only - not available via Zoom - not filmed.

Southwest Jewish Congress, P.O. Box 700116, Dallas, Texas 75370
214-361-0018 - susan@swjc.org - www.swjc.org





North Central Texas
Council of Governments

DO YOU WALK •BIKE•DRIVE•RIDE?

WE NEED YOUR INPUT!

Take the 5 to 10-minute survey to inform the
upcoming Metropolitan Transportation Plan

Learn More about Mobility
2050

TAKE SURVEY



If you are
interested in
WIC services,
please call or
text
(469)-431-9981
to set up an
appointment at
Texas Native
Health

Monthly Events & Activities



Cooking Class

Every 2nd Wednesday of each month
(*rsvp is required*)

@10:30 AM

Hosted by Amber White

At Texas Native Health, we understand that food is medicine. We invite you to enjoy a meal with your friends while learning how to cook healthy foods!



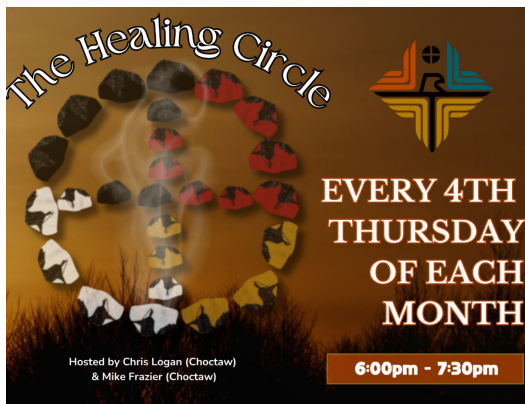
Elders Circle

Every 4th Wednesday of each month

@11:00 AM

Hosted by Martha Jarmon & Snowy Voice

At Texas Native Health, we believe in the power of community and the wisdom that comes with age. Our Elder's Circle is a warm, welcoming space for our beloved elders to connect, share, and thrive together.



Healing Circle

Every 4th Thursday of each month

@6:00 PM

Hosted by Christopher Logan & Mike Frazier

At Texas Native Health, we understand that the journey to healing is a shared path. Our Healing Circle is a safe, compassionate space where you can find support, understanding, and strength. You're not alone on this road, and together, we can heal and thrive.

Community Needs Assessment Survey

We are excited to embark on a journey of understanding, collaboration, and improvement through our Community Needs Assessment. At Texas Native Health, we believe that every member of our community deserves access to high-quality healthcare that is tailored to their unique needs and circumstances. This assessment represents our commitment to achieving that goal. After completing this assessment, you will be prompted to enter your information to be included in a quarterly drawing to receive a prize.

Survey



Support Texas Native Health

Texas Native Health is a safety-net provider and one of 41 remaining urban Indian organizations in the country. Your support helps us continue providing vital programs and services to those in need. Support our mission today.

Donate

Texas Native Health is committed to staying regularly connected with you and your family. Please follow our **Facebook** and **Instagram** pages below for daily updates and more news from us.



Texas Native Health | 1283 Record Crossing Rd, Dallas, TX 75235

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