

**Hualapai Health Education and
Wellness Center**

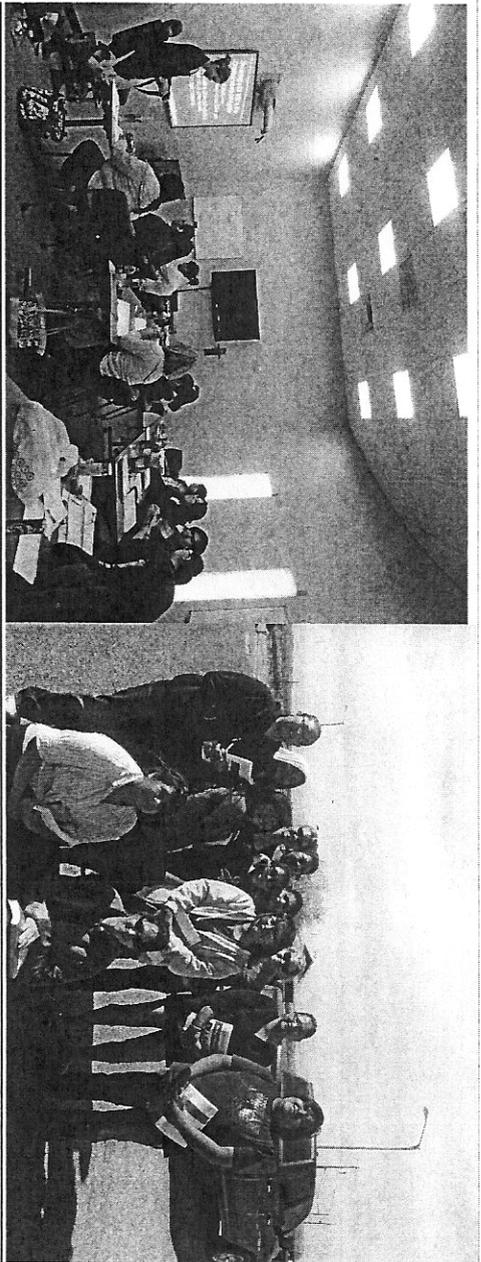
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Hualapai Tribal Injury Prevention Cooperative Agreements Program

Year III (September 1, 2012-Feb 28, 2013) Report



Evaluation Activities

Evaluation Types	Methods	Results
Formative	Held meeting with Chief Bradley and Tribal Council	This meeting was to establish the upcoming amendment to the Hualapai Law and Order Code which would be accepted on October 2013

GOAL 2: Reduce Elder Fall Related Injuries

Objective 1. Attempt to conduct 20 home safety assessments of elder-occupied homes in the Hualapai Community by October 1 2012.

Progress & Accomplishments

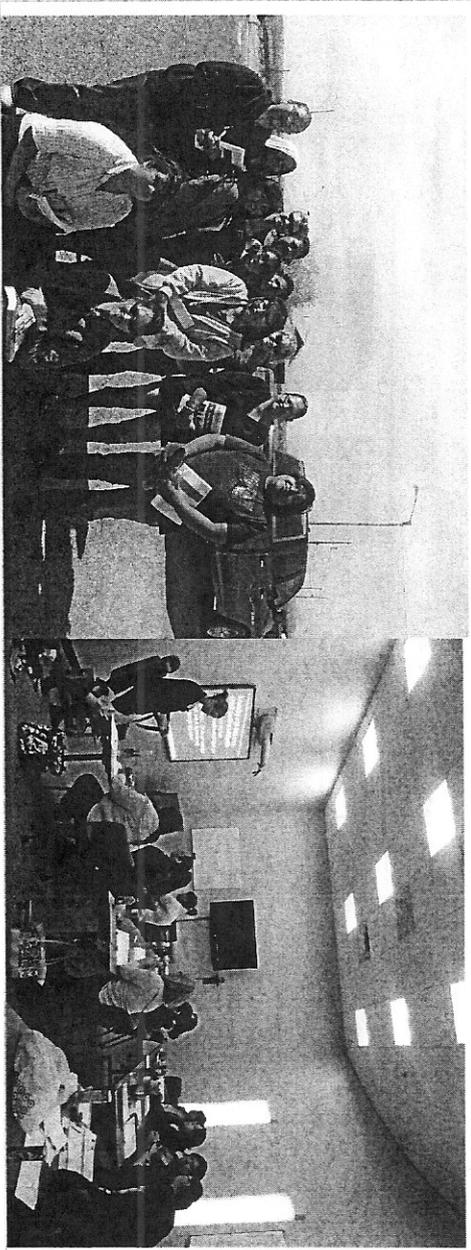
- October 10 & 11 - Meet with Phillip Wisely, Utilities Director, and two elders to follow-up

Challenges/Delays

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- Worked with Havasupai CPS tech and Safe Kids Coconino to organize a check-up event this was held on November 2, 2012 at Hilltop. During the event we checked 17 seats made 8 corrections and distributed 9 car seats.
- In January I called Chief Bradley to request an update on all activity relating to citation for new CPS Law.
- February 5, 2013 followed up, and received notice that currently no citations have been issued since new law. Therefore we then discussed setting up a checkpoint site for the late spring.
- March 25-29, 2013- Held a re-certification and certification class for Child Passenger Safety Training in Peach Springs with Safe Kids Coconino and had 4 re-certifications, 9 new CPS certification register for the course.
(See pictures below of CPS class)

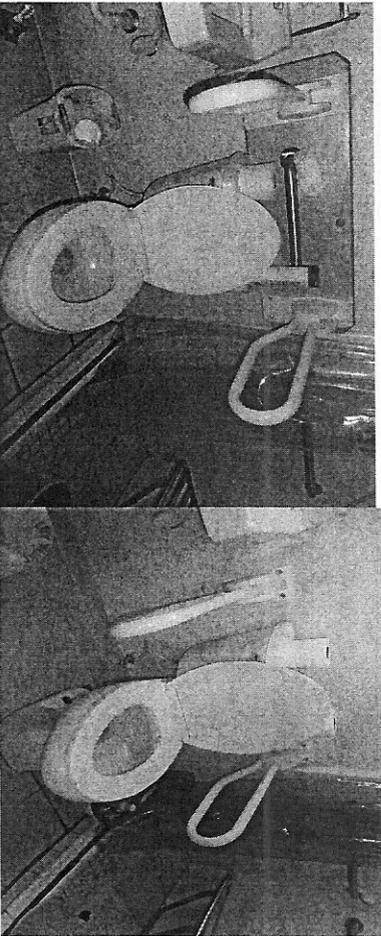


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on their bathroom needs. During the meeting I took pre-event pictures and measurements to request quotes for repairs.

- On October 19, 2012- Met with _____ and conducted a home safety assessment looking for fired and trip hazards. During the assessment we provided light bulbs, highlighted 2 steps-ups with reflector tape and interior slope, and made. Recommendations for ramps and ground cleaning due to prior fall.
- On October 26, 2012 - Completed a follow-up on _____ home for a safety assessment that was done in October 2011. During the meeting I met with planning department to measure the bathroom for grab bars and discuss mold issues. During the visit we provided light bulbs and bath mates.
- On January 15, 2013- Conducted a follow-up on _____ safety assessment to determine if bathroom modifications could be paid for through I.H.S Sanitation Facilities Grant project funding. During this meeting the IHS staff determine that this home would meet eligibility requirements and was approved that day.
- On February 7, 2013- Held a follow-up meeting with planning to organize the repair completion. Additionally we discussed the priorities and estimates for a total of 4 home improvement projects, cost of repair material, labor, and developed a time line for work.
- One home repair to _____ home commenced on February 27-28, 2013 to lower hand rails (See attached pre & post pictures in report).



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<p>Objective 2. Complete 75% (19 homes) of fall prevention improvements for the homes already assessed in the Havasupai community by 2015.</p>	
<p>Progress & Accomplishments</p>	
<p>Because Havasupai is located in the bottom of the grand canyon the cost to bring in outside professions can be expensive. Therefore the repair of these homes has been grouped into project focusing on one topic at a time. In 2010 all the electrical hazards identified in 9 of the 19 homes were repaired. In 2011-2012 all the ramp installations and handrail repairs/installations were completed. This grant year is focusing on the completing the remaining bathroom modifications identified in the original surveys.</p> <ul style="list-style-type: none"> • On November 6-11, 2012- Co-inspected 9 home focusing on bathroom safety. During the assessments I helped taking measurements and pictures for 7 homes needing walk-in showers and grab bars. • On November 8, 2012- Met with Diabetes, Housing, the Indian Health Service various funding mechanisms to pay for bathroom modifications, which will exceed this year's allotted budget. . 	
<p>Objective 3: Increase the Havasupai community's knowledge and understanding about early loss of vision</p>	
<p>Progress & Accomplishments</p>	<p>Challenges/Delays</p>
<ul style="list-style-type: none"> • The focus group was conducted <p>Survey was developed and distributed to 103 members of the community and out of that 86% knew that diabetes did affected vision loss, which can contribute to falls. Although the community knowledge was high regarding this relationship, their overall understanding of diabetes was low. Therefore, a meeting was held with the diabetes program, and the results of the survey were provided to them for follow-up on general diabetes education.</p> <ul style="list-style-type: none"> • We are no longer pursuing any more activities because the rate of understanding was pretty high, and the diabetes program is better designed to provide education to address the gaps in community education. (See attached copy of the survey with results) 	

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<p>Objective 4. Improve the elder fall prevention week which also addresses eye and medication in Havasupai Progress & Accomplishments</p> <ul style="list-style-type: none"> • On November 8, 2012- I conducted a preplanning meeting to organize the 4th Annual Elder Fall Prevention Week with Havasupai CHR, Elderly, Housing, SDP, I.H.S, OEH, and PHN, to set a date for 2013 event. • On February 22, 2013- I developed the agenda and held a second pre-planning meeting to organize the 4th Annual Elder Fall Prevention Week to discuss activities for the week. During this meeting we discovered that the community has now developed an Elders Committee and we will be working to include them in all future meetings and activities. 	<p>Challenges/Delays</p> <ul style="list-style-type: none"> •
<p>Objective 5. Increase the number of elders exercising in the Hualapai community by 25% over the next 5 years. Progress & Accomplishments</p> <ul style="list-style-type: none"> • A focus group with elders at the elder center to determine a strategy to implement an effective exercise program and Inventory current exercise programs was previously completed. During this focus group it was identified that exercise programs are currently being offered throughout the community the problem is participation from the elders. • Additional meetings have been held to try and boost attendance. During these discussions the topics of implementing Matter of Balance or Tai Chi have been identified.. • On January 8, 2013- met with the fitness center about 2 people going to Matter of Balance training in Phoenix for master trainer class. • On January 10, 2013- Discovered that Matter of Balance training was full and our applications were rejected • On February 11, 2013- Attended meeting with Elderly Center Advisory Committee to discuss the elders need for exercise and generate ideas for the springtime activities that they would like to participate in. • Focus for the remainder of the grant year will be on evaluate the current exercise programs in the community and to try and offer assistance to boost elder participation.. 	<p>Challenges/Delays</p>
<p>Objective 6. Increase the number of elders exercising in the Havasupai community by 25% over the next 5 years. Progress & Accomplishments</p>	<p>Challenges/Delays</p>

Underage Drinking Prevention Program Report November 2012 – May 2013

Project Goals

- Reduce the number of underage children in the community using drugs and alcohol
- Raise student and community awareness of the risk factors associated with the consumption of alcohol and illegal drugs.
- Raise student and community awareness of the consequences of the use of these substances.
- Decrease the number of Hualapai students from being suspended for drug and alcohol offenses in local schools
- Increase the number of students successfully obtaining a high school diploma and decrease the dropout rate among Hualapai high school students. (Studies have shown that this reduces the number of students consuming drugs and alcohol)

Major Accomplishments

- Prevention Program outreach has been established at all schools that service Hualapai students (Peach Springs Jr High, Truxton Jr. high, Seligman High School, Kingman High School)
- Had three Hualapai speakers speak to Kingman and Seligman High School Students on the importance of staying in school and avoiding situations that may make them drop out of high school. (Such as drugs and alcohol)
Tim Vaughn (Radio Station) on the importance of participating in sports and academics.
Candida Hunter (Hualapai Education Dept.) on thinking of life after high school and the opportunities that is available through the tribe.
Jade Honga (Hualapai Probation) spoke on the dangers of drugs and alcohol and the negative consequences after high school.
This is a major accomplishment for the program, because all guest speakers are from Peach Springs and are enrolled members of the Hualapai Tribe. The program would like to have a majority of speakers who speak to the students be from the area and have close ties to tribe.
- Surveyed all 6th 8th and 10th graders on alcohol and marijuana usage rates on the reservation. The Modified Arizona Youth survey, which the students

completed, will provide the tribal programs that work with youth on the usage rate among our students, as well as age of onset. This survey is important for the program because it provides the program with a baseline of date to begin with. This baseline data will be used in the future to see whether or not drug and alcohol prevention programs are effective after students are surveyed a year later

- Surveyed all 6th thru 8th grade students on "My Dream Job". This survey was completed to establish if "finishing high school is important and were do I want to work". This survey will give us important info on how we talk with the kids about what careers they choose. Also what presenters that we would want to bring in and talk to the students. If a student on the survey wants to be a nurse or joining the military, our program will try and provide a presenter from the military or IHS nurse. (Preferably ones that are Hualapai Tribal members.)
- Continuation with programming with the Hualapai Juvenile detention center, currently the program conducts two classes that are for juvenile offenders incarcerated in the facility. Anger Management is taught once a week and Native American Life Skills is taught every other week. These classes are conducted in conjunction with the behavioral health program from the Hualapai Health and Wellness.