

### BAKERSFIELD AMERICAN INDIAN HEALTH PROJECT BAKERSFIELD, CA NOVEMBER 16, 2023

#### SESSION WELCOME

"We do our land acknowledgement to honor Kern County indigenous peoples - the original people native to this land."

"May we acknowledge and honor all our Indigenous people who came before us and still walk beside us today on these ancestral lands."

"WE'RE STILL HERE"

OUR COMMUNITY IS...

INTER-TRIBAL

FAMILY-ORIENTED

PREPARING FOR FUTURE GENERATIONS

#### WHAT'S IMPORTANT

GOOD HEALTH & WELL-BEING

Lifestyle changes to live a long life

ACCESS to fair and honest care

Feeling WELCOME & CARED FOR

I want to be TREATED WELL

EXPERIENCE & QUALITY

Care that helps me be healthy

Avoiding Dementia

Cancer Support

ACCESS to records

PROVIDERS' CULTURAL BACKGROUND

High-Quality DOCTORS

Doctors re-educated about substance abuse to

Change the Stigma

Being able to TRUST my doctor to treat my needs instead of what insurance thinks I need.

SERVICES & SUPPORT

#### HOPES & WISHES

BETTER CARE FOR ELDERS

FITNESS Membership EMOTIONALLY, PHYSICALLY & SPIRITUALLY

BREAK THE CYCLE OF STIGMA ABOUT SUBSTANCE ABUSE

A SYSTEM THAT SUPPORTS HEALING

Mixing Western & Eastern Medicine

EASIER ACCESS FOR NATIVE PEOPLE

WALK-IN CLINICS With Triage

Away to RATE DOCTORS

EDUCATION ABOUT HEALTHY EATING

MENTAL HEALTH PROGRAMS & SERVICES FOR CHILDREN

MENTAL HEALTH SUPPORT for OVERWORKED PROVIDERS

HAVING AN INDIAN-FOCUSED HEALTH CENTER

AN APP so we can track everything

URGENT CARE NEAR ME

ACCESS to HEALTHY FOOD VOUCHERS

#### IDEAS

#### WHAT'S WORKING

URGENT CARE OPTIONS

DOCTORS WHO ARE EMPATHETIC & LISTEN

SPECIALIST CARE is GOOD

#### BARRIERS & CHALLENGES

No PERSONAL TOUCH

COMMUNICATION

BIASED PROVIDERS

Limited DENTAL & VISION Coverage

Doctors DON'T LOOK LIKE ME

REFERRALS take too long & TOO FAR AWAY

Long WAIT TIMES to see a specialist

NOT BEING HEARD

No t feeling VALUED