

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."

WHAT'S IMPORTANT

- GOOD HEALTH & WELL-BEING
- Lifestyle changes to live a long life
- High-Quality DOCTORS
- PROVIDERS' CULTURAL BACKGROUND
- Doctors re-educated about substance abuse to **Change the Stigma**

OUR COMMUNITY IS...

- INTER-TRIBAL
- FAMILY-ORIENTED

HOPES & WISHES

"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"

BREAK THE CYCLE OF STIGMA ABOUT SUBSTANCE ABUSE

BETTER CARE FOR ELDERS

FITNESS Membership EMOTIONALLY, PHYSICALLY & SPIRITUALLY

A SYSTEM THAT SUPPORTS HEALING

Mixing Western & Eastern Medicine

MENTAL HEALTH PROGRAMS & SERVICES FOR CHILDREN

MENTAL HEALTH SUPPORT for OVERWORKED PROVIDERS

IDEAS

HAVING AN INDIAN-FOCUSED HEALTH CENTER

ACCESS to HEALTHY FOOD VOUCHERS

AN APP so we can track everything

URGENT CARE NEAR ME

EDUCATION ABOUT HEALTHY EATING

Away to RATE DOCTORS

EASIER ACCESS FOR NATIVE PEOPLE

WALK-IN CLINICS With Triage

Feeling WELCOME & CARED FOR

I want to be TREATED WELL

ACCESS to fair and honest care

EXPERIENCE & QUALITY

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

Care that helps me be healthy

Avoiding Dementia

Cancer Support

SERVICES & SUPPORT

ACCESS to records

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