

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

#### HOPES & WISHES

"WE'RE STILL HERE"

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

OUR COMMUNITY IS...

- PREPARING FOR FUTURE GENERATIONS
- INTER-TRIBAL
- FAMILY-ORIENTED

#### 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**

#### ACCESS to fair and honest care

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

#### SERVICES & SUPPORT

- Care that helps me be healthy
- Avoiding Dementia
- Cancer 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

#### IDEAS

- A SYSTEM THAT SUPPORTS HEALING
- EMOTIONALLY, PHYSICALLY & SPIRITUALLY
- Mixing Western & Eastern Medicine
- MENTAL HEALTH PROGRAMS & SERVICES FOR CHILDREN
- MENTAL HEALTH SUPPORT for OVERWORKED PROVIDERS
- HAVING AN INDIAN-FOCUSED HEALTH CENTER
- ACCESS to HEALTHY FOOD VOUCHERS
- URGENT CARE NEAR ME
- AN APP so we can track everything
- ABOUT HEALTHY EATING
- WALK-IN CLINICS With Triage
- EASIER ACCESS FOR NATIVE PEOPLE
- EDUCATION
- Away to RATE DOCTORS

BREAK THE CYCLE OF STIGMA ABOUT SUBSTANCE ABUSE

BETTER CARE FOR ELDERS

FITNESS Membership