

Indian Health Service Health Promotion/Disease Prevention Newsletter

February 2008 Issue 2

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For more information about prevention resources, please visit the following websites:

- www.ihs.gov/hpdp
- www.JustMoveIt.org
- www.Healthynativecommunities.org

In the Spirit of Health Fitness Challenge

The Headquarters Indian Health Service (IHS) implemented a 13-week program to increase physical activity and maintain and improve personal health for employees. The *In the Spirit of Health: Fitness Challenge* was kicked off on January 7, 2008, with motivating and opening remarks from Robert McSwain, Acting Director, IHS. Mr. McSwain encouraged fellow employees to start off the New Year with a personal commitment to participate in regular physical activity to maintain good health.

To motivate and encourage competition, each IHS office was encouraged to recruit fellow employees to form teams, select a coach, and develop a "catchy" team name. Sixteen teams were recruited with 198 employees signing up for the competition.



Employees participating in a yoga class

Employees were encouraged to strive for 30 minutes daily physical activity or more; log in their activity at the President's Challenge and report their total weekly physical activity minutes to their coach. Individuals who accumulate at least 480 minutes each month are eligible for a monthly drawing. The team with the most "catchy" name will receive a fruit basket to reinforce and encourage healthier eating behavior.

Daily walking schedules are provided to encourage employees to take a break from their office to walk. Yoga classes are offered once a week and employees have 24 hour access to an on-site exercise facility that is equipped with cardiovascular machines and a universal weight machine. At the end of the competition, the office that accumulates the most physical activity minutes will receive a healthy hot breakfast of their choice. A traveling trophy will also be awarded to the winning team.

Healthy Native Communities Fellowship 2008 Fellows



Healthy Native Fellows in Scottsdale, Arizona

Over 40 Native community leaders met in Scottsdale, Arizona for the first session of the 2008 Healthy Native Communities Fellowship. The Fellowship is a cornerstone of the Indian Health Service National Health Promotion Initiative. This is the fourth year of the Fellowship and as one fellow expressed, a symbolic year, we are coming full circle in the Medicine Wheel. Each year Fellowship teams co-create this journey with us. The first week, the East/White direction is about listening, listening to each other and ourselves using the medicine wheel as our mirror, identifying strengths, challenges, dreams and a vision of what we want to create in the world. The direction of the East directs us to start with the experience of the community and not with the experience of experts, professionals or leaders who may be separated from what ordinary people care about. In this direction, it is important to listen for hidden voices in the community, those people who are struggling with personal challenges.

This is the first step in engaging the community to be involved in community wellness efforts. It is inspiring to begin this fourth year learning journey with the 2008 fellows.

For more information about the Healthy Native Communities Fellowship program, please call Marita Jones at (505)368-6567.

**Sign Up to Become
A JMI Partner,
visit:**

www.justmoveit.org

Join this effort to get
1 million Native people moving!

Empowering Youth to Make Positive Changes

Youth Leadership Institute (YLI)

The *Youth Leadership Institute (YLI)* focuses on skill development of young people and adult allies and engages youth to take the lead in making positive changes.

During 2007 IHS coordinated a *YLI* training for participants from both Bemidji and Albuquerque Areas. To maintain momentum following the training, monthly teleconferences are conducted to plan and implement prevention efforts in their communities or schools. The Areas are also planning a one-year reunion for the youth participants to present their projects to tribal leaders and community members.

The youth will have an opportunity to apply for a small seed fund to carry out their proposed project. They will meet with their adult mentor to discuss and identify issues they would like to address in their neighborhood, school, or community. Once they have identified and prioritized their issues, they will develop a mini-proposal that consists of:

- Problem statement
- Goals
- Objectives
- Strategies
- Budget
- Evaluation

This activity will build on real world program experiences that include decision-making, researching a problem, prioritizing, identifying strategies, action planning, and writing skills. The crucial step is implementing and evaluating their project, as well as sustainability of the project.

At the one-year reunion, the youth will report on their projects that include: milestones in reaching objectives, successful strategies, barriers/challenges encountered and how they were addressed, and process and impact evaluations. The youth are also encouraged to recruit their peers to get them involved in positive activities and partner with local programs and/or organizations.

Protecting You/Protecting Me PY/PM)

IHS has partnered with Mothers Against Drunk Driving (MADD) to address underage drinking in American Indian/Alaska Native communities and schools.

Protecting You/Protecting Me (PY/PM) is an evidence-based classroom curriculum for 1st to 5th grade students which has been culturally-tailored for American Indians. *PY/PM* trainings were held in Portland, Aberdeen, California, New Mexico, and Billings Areas to classroom teachers, counselors, prevention specialists, and classroom aides.

Future plans include identifying sites that would like to train high school students in 11th to 12th grade to teach *PY/PM* to 1st to 5th grade students. The advantages about this strategy is that the high school students enhance their presentation skills, become positive role models, and increase their knowledge on alcohol effects on brain development.

Youth in Action (YIA)

An additional strategy includes cultural tailoring of the *Youth in Action (YIA)* program for American Indian/Alaska Native. *YIA* program engages youth as agents of change in the fight against underage drinking. Teens are active participants in the program. They get experience in public speaking, letter writing, and working with community leaders and the local media. These skills are by-products of the program and not the primary purpose of the program. *YIA* is structured with five evidence based projects and one starter activity which is designed to address specific causes of alcohol access in a community.

The revised *YIA* manual will be available for nationwide dissemination and regional trainings will be provided in two sites in summer 2008. For more information on the *Youth in Action* or *PY/PM* training, please call Alberta Becenti at (301)443-4305.

2006 HP/DP Grantee Highlights

In Fiscal Year (FY) 2006, the HP/DP program awarded twenty competitive grants to Tribal and Urban programs and organizations to implement innovative and effective community, school, clinic, and work site health promotion and chronic disease prevention programs. Each of the grantees received a maximum amount of \$64,500.

Results of the 2006 HP/DP Grantee's successes and accomplishments of their one-year grant include:

Aberdeen Area Tribal Chairmen's Health Board implemented the *Northern Plains Smoke Free Homes* Campaign to reduce exposure to tobacco smoke through recruitment of families to pledge a smoke-free home.

- Exceeded objective by reaching over 2300 individuals who signed pledges to maintain smoke-free homes and vehicles.
- Created and disseminated culturally competent material to 17 tribal communities.
- Provided training to more than 20 Healthy Start case management staff that will then target 2,100 women and their families to reduce environmental tobacco exposure.

Alamo Navajo School Board, Inc. expanded an existing community fitness trail to increase physical activity in the community.

- Over 140 people attended the opening of the fitness trail.
- Current daily usage averages around 25 people. The school and after-school programs use the fitness trail on a regular basis.
- Special events and activities are held to encourage the community members to use the fitness trail. The Thanksgiving Walk and Christmas Walk attracted more than 200 walkers and runners on two separate occasions.



Chippewa Cree Rocky Boy Health Board hired a Wellness Coordinator to plan and implement activities to increase physical activity and provide nutrition awareness in the community. Weight training, swimming, and walking/running clubs were provided to increase physical activity for the community.

- 94 students participated in the thera-band trainings held in the school.
- 341 adults and youth attended the round dancing event.
- 23 teams participated in the 16-week basketball league for 3rd to 6th grade students.
- 212 students participated in the 4-week soccer league for youth (kindergarten to 8th grade) and provided youth baseball league for 8-weeks.
- 422 students participated in the youth pow wow.
- 198 youth and adults attended the Family Food and Fun Night to learn about healthy cooking and exercise.
- 498 youth and adults participated in the *Drug and Alcohol-Free Walk*.
- An average of 40 students used the Wellness Center open gym on a daily basis during the summer.
- Evaluations included screening of 749 students for height/weight, Acanthosis Nigricans and family history of diabetes.
- Results indicated that 376 students are within the normal weight. 166 students are at risk for being overweight. 207 students are overweight. 524 students reported a family history of diabetes.

If you should have any questions about the HP/DP Newsletter, please call or email:

Alberta Becenti

Indian Health Service

Health Promotion/Disease Prevention

801 Thompson Avenue, Suite 300

Rockville, Maryland 20852

(301)443-4305

Alberta.becenti@ihs.gov

2006 HP/DP Grantee Highlights (continued)

Choctaw Nation of Oklahoma enhanced and expanded the *Get Movin* project to increase physical activity among 5th grade students. Strategies included mass media campaign, using pedometers to increase physical activity, and diabetes awareness education.

- Through partnership, monthly classes on health food choices were conducted in the schools. Diabetes and obesity awareness was accomplished through health fairs, community coalitions, public service announcements, and tribal newsletters.
- Evaluation: Baseline body composition data (N=221) indicated that 55.5% are within Ideal Body Weight (IBW); 11.8% are at risk; and 32.1% are in the overweight body weight. Post tests revealed 53.4% in IBW; 16.1% were at risk; and 30.5% in the overweight category.
- Overall there were no significant changes in pre and post intervention on BMI and total wellness scores.
- Over 80% of the students reported they are exercising 5-7 times per week (duration 30 to 60 minutes). Over 70% of students reported they are spending less than 2 hours per day watching television, using a computer, or playing video games.
- Post test indicated that students reported an increased consumption of fruits and vegetables 3 to 5 times per week (40.5% baseline to 53.1% post).

Eastern Aleutian Tribes, Inc., developed and implemented the Alaska Native Physical Activity Leadership (PAL) Certificate program to address diabetes and other chronic conditions/diseases.

- 19 individuals completed the PAL certificate program and implemented outreach physical activity programs in their communities.
- Pedometers were distributed to community members to record their daily steps.



Ho Chunk Nation developed a Community Health Representative (CHR) Strategic Plan utilizing community mobilization and evidence-based prevention programs to promote physical activity and healthier food choices.

- CHRs completed motivational interviewing, nutrition, and exercise physiology trainings to translate new knowledge and skills to practice by adapting intervention for patients and community members.
- CHRs collected, analyzed, and compiled community assessment on barriers, challenges, and solutions on physical activity and healthy eating.
- A resource book containing information on physical activity, nutrition, and local resources was published and disseminated to community members.
- Increasing access to physical activity is an on-going effort that is being addressed by the communities.

Indian Health Care Resource Center of Tulsa implemented a youth “wellness adventures” camp to promote physical activity, health education, and youth development program.

- 159 students participated in the summer wellness camp.
- Implemented Coordinated Approach to Child Health (CATCH) in the schools targeting kindergarten to 5th grade.
- Provided Camp Fire Community Family Club and Youth Council to support youth development.
- Implemented a weekly cultural afterschool program reaching many youth.



2006 HP/DP Grantee Highlights (continued)

Inter-Tribal Council of Michigan implemented the *Women Health Circle* project to increase physical activity, reduce tobacco use, and encourage healthier dietary behaviors.

- 102 women participated in the *Women Health Circle* project. Results revealed an increase in knowledge about how to delay or prevent diabetes; importance of routine health screening; and over 50% of the participants reported they achieved their personal goal at end of program.
- Self-reported data revealed an increase of physical activity among the participants.

Kalispel Tribe of Indians implemented prevention efforts to increase physical activity and improve dietary behaviors in the community. Prevention efforts included 1) collaboration with the Diabetes Program to provide healthy cooking classes and healthy dinners in the community and 2) establishing a contract for a registered nurse to conduct blood pressure, glucose, and cholesterol screenings at scheduled activities in the communities.

- Over 50 individuals were screened and results revealed a high number of obesity and elevated cholesterol levels.
- Other efforts included a dissemination of printed educational materials; established a display board on diabetes, exercise, and healthy eating; and provided educational awareness in the community.
- Future plans include conducting a health screening and administering a survey at the Tribal Court to identify those who are at risk and undiagnosed diabetics and other risk factors.

Ramah Navajo School Board implemented a three-day youth camp that targeted physical activity, nutrition, and bike safety.

- Developed a staff camp handbook and implemented four youth camps throughout the summer that reached more than 60 students in the community



Kenaitze Indian Tribe implemented interventions that focused on physical inactivity, tobacco, and dietary behaviors by targeting schools, clinics, and communities.

- Provided nutritional classes to over 160 individuals. Coordinated classes in the schools focusing on label reading.
- Over 230 individuals received either smoking cessation or prevention education.
- Implemented senior walking club.
- Established a school wellness policy to provide more nutritious items.

Migizi Communications Inc. implemented *Partnership to Strengthen American Indian Families* to address dietary behaviors and physical inactivity.

- 309 adults and youth participated in wellness programs.
- Provided family night celebrations that reached more than 150 families.
- Over 30 families participated in the summer cultural camps that focused on berry picking and physical activities.
- 41 youth participated in the youth development seminar. The youth conducted workshops in northern Minnesota and Wisconsin.

National Indian Justice utilized community-based approaches to address underage drinking among American Indian youth. Strategies included developing an alcohol prevention video and a companion workbook.

- The youth were involved in the development of the video by conducting focus groups.
- A 15 minute alcohol prevention video was created and pilot tested in three sites.
- Pilot testing revealed a change in knowledge, attitude, and beliefs among youth participants.



2006 HP/DP Grantee Highlights *(continued)*

Native Images



Exercising techniques demonstration

Native Images, Inc. targeted physical inactivity, stress, and consumption of foods high in fat and sugar.

- Nutrition and exercise classes were provided twice a week at the elderly center with 26 regular participants.
- The participants were taught exercise techniques that they can use at home and stress reduction through guided meditation that was offered twice a week.
- Results revealed that 80% of their participants showed a reduction in weight by 3% and 10% reported no weight change.
- 85% of the participants reported that they exercise at home daily for at least 30 minutes.
- 25% of the participants reported reduction in stress.
- 50% reported an increased in knowledge on exercise, diabetes, and diet.

Peta Wakan Tipi partnered with the University of Minnesota to address obesity and diabetes among youth and families.

- Provided educational awareness in the schools and sent home students with healthy recipes and snack packs to share with families.
- Engaged youth in planting and harvesting native and non-native crops to learn about healthier foods and physical activity.

Peta Wakan Tipi *(continue)*

- Parents/Guardian survey results indicated that children decreased their consumption of sugared beverages, increased water consumption, increased physical activity, increased attention to portion size, and greater interest in healthier meals preparation.

Salish Kootenai College provided fitness classes in the community to increase opportunities for physical activity and recruited individuals to become certified fitness instructors to expand group exercise classes locally.

- The project coordinator recruited seven individuals who were certified as instructors and partnered with the American Council of Exercise to provide Personal Trainer certification classes through the college to train more instructors.

San Diego American Indian Health Center implemented health promotion activities that focused on physical activity, nutrition, smoking, and preventive screenings.

- *Just Move It* walking club was implemented to 80 individuals.
- *Breath of Fresh Air Smoking* program was provided to 161 individuals.
- 146 individuals received substance abuse counseling.

South Central Foundation (SCF) and Alaska Native Tribal Health Consortium (ANTH) implemented a tobacco-free campus.

- Highlights include establishing a tobacco-free policy on all properties, owned, controlled, or leased on SCF and ANTHC campuses.
- Developed tobacco cessation services clinical protocol for inpatients, specialty clinics, and workforce.
- Designed and disseminated educational materials.
- Over 1300 patients enrolled in tobacco cessation counseling program.

2006 HP/DP Grantee Highlights (continued)

Southeast Alaska Regional Health Consortium implemented *Wise Families* program to build on traditional Tlingit knowledge and activities to enable people to adopt healthy lifestyles to prevent or delay the onset of heart disease, obesity, diabetes, and cancer.

- Two salmon camps were held to teach participants how to dry and jar fish without salt content.
- Eagles vs. Raven celebration event was held to encourage physical activity and a canoe carving camp to learn about the importance of preventive screenings.
- Results indicated that 88 individuals received health screenings. 50% of the 88 individuals returned for annual follow up screening; and show improvements in blood pressure, weight, and total cholesterol.
- 20% of the participants quit smoking.

Physical Activity Kit (PAK) Anticipated Release - Summer 2008

The Indian Health Service collaborated with the University of New Mexico – Prevention Research Center to develop the *Physical Activity Kit* for Native Communities...A Lifespan Approach. The *Physical Activity Kit*, incorporating American Indian games and dances, was field tested by trained teams in 11 sites throughout the country. Teams implemented the *Physical Activity Kit* in senior centers, schools, community events, and youth programs to test for ease of implementation, challenges, successes, and how to improve the kit. The teams participate in monthly teleconferences to share successes and challenges, and identify possible solutions. The teams will meet on April 23-24, 2008 in Albuquerque, New Mexico to present their stories of successes, challenges, and provide recommendations for additional modifications to improve the kit. The kit will be refined and ready for roll-out release in summer 2008. For more information, please call Theresa Clay at (505)248-4775; Alberta Becenti (301)443-4305 or Linda Beltran at (505)272-8367.

Indian Health Service National Prevention Initiative

"Working together for wellness with
American Indian and Alaska Native
communities"

- **Partnering** with non-profits, state and local governments, corporations, and universities for wellness.
- Developing regional support networks through **Community Wellness Champions**.
- Developing a **wellness website** that includes best practices, resources, and community health assessment.
- Investing in **public health training and capacity building**.
- Implementing a **Healthy Native Communities Fellowship** program to move communities toward wellness.
- Supporting a national *Just Move It* physical activity campaign to get 1 million American Indians/Alaska Natives moving.
- Providing **competitive grants** to support health promotion and chronic disease prevention.
- Supporting local community-based **wellness planning** efforts and initiatives.

For more information about prevention resources, please visit the following websites:

- www.ihs.gov/hdpd
- www.Justmoveit.org
- www.Healthynativecommunities.org

Or Contact:

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Albuquerque Area HP/DP News and Announcements

Native American Cancer Education Leadership Institute



NACELI Planning Committee



NACELI Booth 2006

The goal of the *Native American Cancer Education Leadership Institute (NACELI)* is to expand and strengthen the network of Native American (NA) community health representatives, tribal leaders, and others who work with NA communities in New Mexico (NM) committed to cancer control and prevention. During the 2-day leadership institute, participants benefit from sessions specifically designed to address the unique needs of Native American people and to connect communities with local, state, and national resources to address cancer. The first *NACELI* in November 2006 was entitled “Building on Our Strengths to Fight Cancer”. The Second Annual *NACELI* scheduled for March 4-5, 2008 in Albuquerque, New Mexico is entitled “Building on Our Traditions to Fight Cancer.”

Theresa Clay, Indian Health Service (IHS) Albuquerque Area Office (AAO) Health Promotion Disease Prevention (HPDP) Coordinator has been involved since the concept of the Institute as part of the planning committee and assisted with the implementation of the *NACELI*. There are various partners involved in the success of the *NACELI* including community participation, University of New Mexico (UNM) Center for Native American Health, UNM Cancer Center, IHS Office of Public Health Support/Division of Epidemiology and Disease Prevention, IHS Albuquerque Area HPDP,

New Mexico Department of Health, Robert Wood Johnson Foundation, and the Intercultural Cancer Council. The planning, implementation, evaluation, and networking with such a committed group was a great experience. A comment received from a participant was that she did not know there were so many resources to tap into to address cancer.

Michele Suina, University of New Mexico – Center for Native American Health leads the Cancer 101 program and has chaired the planning committee since the concept of the *NACELI* in the Albuquerque Area. The core concept grew out of the Cancer 101 program led by the UNM Center for Native American Health in partnership with the UNM Cancer Center. Building on this basic cancer education program to provide more than the basics has offered an open venue for all to be involved in cancer prevention and control in Native American Communities.

The *NACELI* is connecting communities with cancer related programs and resources to address cancer. This does not always happen and allows programs a venue to get to know and hear from Native American communities. Going out to the communities and teaching Cancer 101 revealed the need for the institute to happen, for more information please go to <http://hsc.unm.edu/som/fcm/CNAH/>.

**Indian Health Service
AREA HP/DP COORDINATORS**

**2008 National Health Observances
March**

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**1 - 31
National Nutrition Month**
American Dietetic Association
120 South Riverside Plaza,
Suite 2000
Chicago, IL 60606
(800) 871-1600 (x-4771)
www.eatright.org
Materials available
Contact: Knowledge Center

**25
American Diabetes Alert Day**
American Diabetes Association.
1701 North Beauregard Street
Alexandria, VA 22311
(800) DIABETES (342-2383)
(703) 549-1500
(703) 549-6995 Fax
askada@diabetes.org
<http://www.diabetes.org>
Materials available
Contact: Local Chapters or National Office

**9 – 16
National Problem Gambling Awareness Week**
National Council on Problem Gambling
216 G Street NE, Suite 200
Washington, DC 20002
(202) 547-9204
(202) 547-9206 Fax
ncpg.ncpgambling.org
www.npgaw.org
Materials available
Contact: Keith Whyte

**1 – 31
National Brain Injury Awareness Month**
Brain Injury Association of America
8201 Greensboro Drive, Suite 611
McLean, VA 22102
(703) 761-0755
info@biausa.org
www.biausa.org
Materials available
Contact: Communications Coordinator

April

**1 - 30
Alcohol Awareness Month**
SAMHSA's National Clearing House for Alcohol & Drug Info
P.O. Box 2345
Rockville, MD 20015
(800) 729-6686
(877) 787-8432 Spanish
(240) 221-4292 Fax
NCADI-info@samhsa.hhs.gov
www.ncadi.samhsa.gov
Materials available
Contact: None Designated

**1 - 30
STD Awareness Month**
American Social Health Association
P.O.Box 13827
Research Triangle Park, NC 27709-3827
(919) 361-8400
(919) 361-8425 Fax
danbow@ashastd.org
www.ashastd.org
Materials available
Contact: ASHA Media Relations Office

**3
Sexual Assault Awareness Day of Action**
National Sexual Violence Resource Center
123 North Enola Dr.
Enola, PA 17025
(877) 739-3895
(717) 909-0714
Resources@nsvrc.org
www.nsvrc.org/saam
Materials Available
Contact: Jessica Shomper

**1 – 30
Counseling Awareness Month**
American Counseling Association
5999 Stevenson Av.
Alexandria, VA 22304-3300
(800) 347-6647 x-336
(800) 473-2329 Fax
Jgaskins@counseling.org
www.counseling.org
Material Available
Contact: Jean Gaskins