

NOW: STRENGTHS:

TRADITIONAL RESOURCES

- Culture camp to promote spiritual health.
- Brought buffalo back.
- Grassroots organizations.
- Diverse forest medicines.
- We have access to medicines in our forest.

HEALTH SERVICES AND RESOURCES

- Strong referral network for substance use disorder evaluations.
- MAT Services.
- Grant funding availability (Opioid grants).
- Availability of Narcan; available and accessible

ALCOHOL AND SUBSTANCE USE DISORDER

- Wide array of services.
- Great preventative dental services.
- Curbside pickup RX.
- Solid referral network.
- WIC/Community Health.
- Diabetes services.
- Expanded mental health providers.
- Available and accessible personal health services.
- Tribal insurance reimburses health memberships.
- Clinic promotes health within/among staff. Model health-promoting habits.
- Agricultural Department.
- Nutrition programs in school.

- Data collection.
- Family services/family center services.
- Elder Food Box initiative.
- Clinic collects abundant data.
- Nutrition in schools; increase programming.

COMMUNITY

- Community education i.e., Narcan training, diabetes education, and smoking cessation.
- Omaeqnomenewak Wetohkatikamek Center, Services/hours.
- Community Engagement/Volunteers to bring young athletics/outdoor programs.
- Walking path.
- Community activities that promote health.
- Community garden.
- First aid kits are available upon request.

ACCESS TO SERVICES

- Transportation services for medical appointments (both directions).
- Mobility of services & bringing services into school screenings.
- Tribal Doctors treat patients in Shawano Hospital.
- 24/7 EMS services with many years of experience.
- Drive-thru Covid testing facility.
- Availability of Covid test.
- Location of the clinic (2); allows for easy access to services for inmates.

NOW: WEAKNESSES:

TRADITIONAL HEALING

- More traditional services
- Lack of access to medicinal plants in the forest.

LIFESTYLE

- Sedentary habits
- Health rankings.

ALCOHOL AND SUBSTANCE USE

- MAT services are available without counseling.
- Strengthen transitional living services.
- Availability of AODA assessment appointments.
 - Non-compliance for court appointment AODA assessment.
 - Communication plan for finding openings.

NOW: WEAKNESSES: (continued)

HIRING AND RETENTION

- Trying to fill vacancies; lack of applicants & filling specialized vacancies (dentist).

ACCESS TO SERVICES ON AND OFF RESERVATION

- Limited telehealth appointments.
- More appointments/better system for making appointments.
- No orthodontist for children.

ACCESS TO SERVICES ON AND OFF-RESERVATION (CONTINUED)

- Need for extended hours; weekend/late into the evening.
- Awareness of services available/lack of advertising.
- Mobil pharmacy for off-reservation members
- None or limited elder care home visits.
- No individualized transit services (need to wait for ride back).
- Off-reservation members may have built a rapport with off-reservation providers.

FUTURE: OPPORTUNITIES:

HEALTHY LIFESTYLE AND PREVENTION STRATEGIES

- Communicate the benefits of exercise from the clinic:
 - As simple as walking.
 - Mandatory 15-minute daily walk for staff.
 - Expand walking trails.
 - Promote dancing among youth.
 - Dance camp; Dance lessons
- Communicate the benefits of nutrition (from the Department of Agriculture, Tribal news, program directors, and communication).
 - Natural fats; Natural foods.
 - Less processed foods.
 - Healthy snack bags for children sent home on weekends.
 - Push for gardening.
 - Teach food preservation skills.
- Prevention services brought to the community through home visits & mobile vans.
- Moving from trauma to the next step – post-traumatic growth – What's next? What is the name of that theory? How do we turn this into a word that describes how we are still here – Using positive terminology?
- Preventive Health – Incorporating traditional foods into our diets, health, and spiritual benefits.

HEALTHY LIFESTYLE AND PREVENTION STRATEGIES (CONTINUED):

- Lifestyle education – Education on the best cures for our health issues. We can overcome diabetes we don't have to live with it.
- Menom App (2) (blood sugar, BP); our own specific apps to help with health issues; for example: tracking high blood pressure, checking blood sugars, etc.
- ACES.
- Concept: A public health model of care vs. social determinants of health; look for a new way of how we do things.
- Health assessments/insurance programs.
- Annual health assessment screenings for employees (lab work, BP, etc.).

ACCESS TO SERVICES AND EXPANDED SERVICES

- Build a hospital and/or expand the clinic to include a hospital.
- Establish mobile Rx services w/video calling (telehealth pharmacist consult), van staffed & pharmacy tech.
- Expansion of cultural health facility, expansion of family services department with a pool.
- New Clinic.

FUTURE: OPPORTUNITIES:

ACCESS TO SERVICES AND EXPANDED SERVICES (CONTINUED)

- Use a midwife/doula – Making connections with our female relatives while doctors are getting paid for it.
- Food Services – Extended hours or after-hours access for members.

TRADITIONAL MEDICINE

- Medicaid 11-15 Waiver; allows us to use traditional foods as medicine in lieu of pharmaceutical medicines/practices.
- Add holistic practitioners to administer medicinal plants.
- Traditional plant practitioners.
- Food as medicine/Medicaid 1115 Waiver
- Traditional medicines in our pharmacy rather than defaulting to Big Pharma.
- Traditional medicines incorporated – Big Pharma is destroying our bodies.

FUTURE: THREATS:

- Sedentary lifestyles after COVID.
- No telehealth, some people may not be able to get to the clinic.
- Staffing availability.
- Rise in substance abuse.
- Housing issues related to drug houses.
- Rising Costs
- CMS - Medicare and Medicaid are expected to run out of money and it's an ongoing thing due to rising costs. Tax revenue is not covering that. Some of our members are covered by CMS.
- Pharmaceutical changes – Switching from one addiction to another addiction.

MENTAL HEALTH, ALCOHOL, AND SUBSTANCE USE SERVICES

- Sober living facility; a safe place to be sober for recovering people.
- Sober Living environment – Sober community living.
- Strong and consistent PTSD support and healing for MITW employees
- Social Determinants of health = impact to our health ranking
- Care for the caregivers
- Emergency Personnel; services for trauma, debriefing after action (benefits)
- Trauma Care Training.

OTHER IDEAS

- Confiscated funds from drug busts.
- Medical Tourism to save on costs – Surgery in other countries is less expensive.
- Federal Qualified Health Center status for the Clinic – Surplus \$.
- Collaborations between Depts when it comes to health issues – Sharing funding and resources, etc.

- Lack of access to services – Extended hours, weekend hours, etc.
- Lingering impacts of Covid on Social life – Youth relearning social relationships and behavioral health
- Lack of insurance for members off-reservation
- Labor Market – Losing Doctors, RNs., dentists due to continually rising wages and location – We need to grow our own and retain them.
- Prescription Delivery due to rising costs and lower quality – Other tribes are doing it.

PASSIONS

- More collaboration between clinic staff and incarcerated people – video conferencing/meetings at the jail. MAT(Medication for Addiction Treatment) – virtual; AODA services/counseling.
- Increase access to services for mental health & grief.
- Communicate benefits; incorporate habits for health; exercise.
- Transition homes/sobriety homes & sober living options are needed.
- Bringing services to community members rather than having them go to services.
- Financial stability for health services – ARPA will expire in a few years.
- Addiction.
- Live longer.
- In-home health/exercise for elders.
- Focus on the Positive – Get rid of the trauma.
- Preventative medicine.
- Aftercare for treatment.
- Traditional Medicines.
- Cultural Connections.
- Lifestyle Education.
- Healthy Traditional Foods.
- Wellness.

PRIORITIES

- Education and use of preventative/natural medicines and alternative methods (5).
- Transitional homes/sobriety.
- First Responders; wellness & counseling programs.
- Collaboration: clinic staff & incarcerated people.
- New clinic.
- Utilize the communication plan to inform tribal members.
- Bring wages up/recruit & retain employees – we can't compete with state wages.
- Stopping deaths from drug overdoses – Sentences for offenders: Community Services.
- New Clinic.
- Wellness.
- Aces.
- Medical care for all members.
- Health needs being met.