

Black Hawk Health Center

By: Don Whitehead, Health Director

The current Black Hawk Health Center facility was completed in 1998. It is structured under a Self-Governance Compact with Indian Health Service and has been in place since 1994. The Sac & Fox Nation owns and operates the health center providing health services five (5) days per week from 8:00 am to 4:30 pm. Direct Services are provided to anyone who is a member of a Federally Recognized Indian Tribe which is determined by a copy of the CDIB card, tribal enrollment card, or Letter of Decendancy.

Black Hawk Health Center (BHHC) provides a range of outpatient services for the Native American community and tribal members of the Sac and Fox Nation. Services include primary medical care, behavioral health, pharmacy, com-

munity health, laboratory, transportation, radiological/x-ray, diabetic education, nutrition counseling, exercise therapy, patient benefits coordination, and contract health services. Fiscal Year 2015 provided the following number of services:

- Clinic visits - 6,699 patient visits
- Health Center all visits - 9,812 visits
- Pharmacy - 57,859 scripts filled
- Laboratory - 43,169 total tests completed
- Radiology - 968 exams
- Physical Therapy - 2,082 treatments
- Podiatry - 654 exams
- Third Party Billing Collections- \$1,222,375 on 21,140 claims filed

Contract health services are provided to patients with a current patient chart at

the health center and lives within the Sac & Fox Nation contract health services delivery area which include portions of Lincoln, portions of Potawatomi, and portions of Payne counties. Last fiscal year, CHS paid more than 3 million dollars for outside health services. This service covered almost 7,500 referrals.

The Patient Benefits Coordinator (PBC) provides assistance to patients and their families to secure some form of health care coverage. This includes Medicare, Medicaid, Veteran's Administration, and coverage through the Affordable Care Act (ACA). In nine months of the last fiscal year, the patient benefits coordinator completed 4,613 eligibility checks, 331 Medicaid applications, and 89 VA enrollments. The PBC also assist-

ed patients with applying for Medicare coverage, ACA applications, and numerous Patient Assistance Programs.

Black Hawk Health Center now has an agreement with the Veterans Administration to provide VA health services in the clinic. We assist Veterans in enrolling in the VA health system, see Veterans for clinic services, make referrals to the OKC VA Health Center and bill the VA for any services provided in the clinic. In 2015 the clinic assisted 89 Veterans enrolling for VA health services.

Four full time Providers expands the number of patient slots during the day. The Health Center went from 32 slots per day to 54 slots per day. This also includes 12 walk in slots (3 for each Provider) to improve same day access.

Seasonal affective disorder (SAD)

By: Karen Simmons Behavior Health Services Black Hawk Health Center

Seasonal affective disorder (also called SAD) is a type of depression that involves the seasons. It is also referred to as winter depression. It usually begins in late fall or early winter and then one's normal mood returns in summer. A less common type of SAD, known as summer depression, usually begins in late spring or early summer. While it is not proved, some believe that SAD may be related to changes in the amount of daylight you get.

Seasonal affective disorder is estimated to affect 10 million Americans. Another 10 percent to 20 percent may have mild SAD. SAD is more common in women than in men. Illness typically begins around age 20. Some people experience symptoms severe enough to affect quality of life, and 6 percent require hospitalization. Many people with SAD report at least one close relative with a psychiatric disorder, most frequently a severe depressive disorder (55 percent) or alcohol abuse (34 percent). Although some children and teenagers get SAD, it usually doesn't start in people younger than age 20. Yet, when it does, the syndrome is first suspected by parents and teachers. It also appears that the risk decreases with age. SAD is more common the farther north you live.

Symptoms

Not everyone with SAD has the same symptoms, but common symptoms of winter depression include the following:

- Feelings of hopelessness and sadness
- Thoughts of suicide
- Hypersomnia or a tendency to oversleep
- A change in appetite, especially a craving for sweet or starchy foods
- Weight gain
- A heavy feeling in the arms or legs
- A drop in energy level
- Decreased physical activity
- Fatigue
- Difficulty concentrating
- Irritability
- Increased sensitivity to social rejection
- Avoidance of social situations

Symptoms of the summer SAD are:

- Poor appetite

- Weight loss
- Insomnia
- Agitation and anxiety

Either type of SAD may also include some of the symptoms that are present in other kinds of depression, such as feelings of guilt, a loss of interest or pleasure in activities previously enjoyed, ongoing feelings of hopelessness or helplessness, or physical problems such as headaches and stomachaches.

Symptoms of SAD tend to reoccur at about the same time every year. The changes in mood are not necessarily related to obvious seasonal stressors (like being regularly unemployed during the winter). Usually depression is mild or moderate. However, some people experience severe symptoms and 6 percent of SAD patients need hospitalization at some time in their lives.

Seasonal Affective Disorder can be misdiagnosed as hypothyroidism, hypoglycemia, or a viral infection such as mononucleosis.

Causes

The cause for SAD is unknown. One theory is that it is related to the amount of melatonin in the body, a hormone secreted by the pineal gland. The body is exposed to its secretions for a shorter period of time during summer because light suppresses its production. The long nights of winter extends the amount of time melatonin is released into the body, thus increasing symptoms. It is not clear how melatonin produces the symptoms reported. One possible explanation is that melatonin causes a drop in body temperature and lower body temperature is associated with sleep. This could indicate that it is related to the sleep-wake cycle and related to the hypersomnia and fatigue reported.

Treatments

Because winter depression is probably caused by a reaction to a lack of sunlight, broad-band light therapy is frequently used. This therapy requires a light box or a light visor worn on the head like a cap. The individual either sits in front of the light box or wears light visor for a certain length of time each day. Generally, light

therapy takes between 30 and 60 minutes each day throughout the fall and winter. The amount of time required varies with each individual. When light therapy is sufficient to reduce symptoms and to increase energy level, the individual continues to use it until enough daylight is available, typically in the springtime. Stopping light therapy too soon can result in a return of symptoms.

When used properly, light therapy seems to have very few side effects. Side effects include eyestrain, headache, fatigue, irritability and inability to sleep (when light therapy is used too late in the day). People with manic depressive disorders, skin that is sensitive to light, or medical conditions that make their eyes vulnerable to light damage may not be good candidates for light therapy.

When light therapy does not improve symptoms within a few days, then medication and, or, behavioral therapies should be introduced. In some cases, light therapy can be used in combination with anyone or all of these therapies.

Self-Care

- Monitor your mood and energy level
- Take advantage of available sunlight
- Plan pleasurable activities for the winter season
- Plan physical activities
- Approach the winter season with a positive attitude
- When symptoms develop seek help sooner rather than later

If you or someone you know may be experiencing symptoms of SAD, please contact your physician to discuss your concerns.

Sac and Fox Transportation Program

Criteria You Must Meet Before Being Eligible for Transportation:

- You must have an established chart at BHHC
- You must have no other means of transportation
- You must have an active referral from a BHHC provider to the facility where being transported

If you have Medicaid, *please* utilize SoonerRide
SoonerRide's toll free phone number is
(877) 404-4500

Muscogee (Creek) Nation WIC Program Is All About

BREASTFEEDING!

*For more information about breastfeeding
and how to apply for WIC, please call:*

1-800-648-2302 or 918-758-2722

This institution is an equal
opportunity provider

January 2016 Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
4 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	5 Exercise Room open 8-4:30 Anthony in Shawnee	6 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	7 Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	8 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
11 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	12 Exercise Room open 8-4:30	13 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	14 Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	15 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
18 Closed for Martin Luther King Jr. Day	19 Exercise Room open 8-4:30	20 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	21 Exercise Room open 8AM-12PM, 4:30-6PM Closed 12-4:30 for In service training 5 PM Upper Body Focus	22 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
25 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core	26 Exercise Room open 8-4:30	27 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	28 Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	29 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training

SAC AND FOX NATION BIGGEST LOSER!

Participants must
have an active
medical chart with
Black Hawk Health
Center

Program starts
**December
1st, 2015** and
will last until the
first full week in
**September
2016**. Weigh in
first week of
each month at
the MBC on our
scale.

Prizes at the end of
the program to be
determined by
percentage of **BODY
FAT MASS LOST!**

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