

Native Resource Center

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Health Services

- **SNAHC: [Sacramento Native American Health Center](#) (501(c)3 Non-profit Organization)**
 - (916) 341-0575
 - info@snahc.org
 - Location 1: 2020 J Street, Sacramento, CA 95811
 - Location 2: 3800 Florin Rd, Sacramento, CA 95823
 - Services Provided:
 - [Medical Care](#)
 - **Adult Medicine**
 - General medical and preventative services

- Management of chronic and serious medical problems including heart disease, stroke, and diabetes
- Preventative care for breast, colon, and prostate cancers
- Hepatitis C testing, treatment, counseling, and support groups
- Diabetes education, prevention, self-management, and support groups are available
- Comprehensive nutritional education and dietary counseling
- Confidential HIV testing and counseling
- Treatment for many common mental health illnesses
- Transgender Care – Hormone Therapy
- Traditional Medicine
- Community based vaccination program
- COVID-19 vaccinations
- Acupuncture
- **Pediatrics**
 - Newborn and well-baby care
 - Immunizations and school physicals
 - Urgent appointments for sick children
 - Complete annual checkups
- **Teen Health Care**
 - Pregnancy prevention
 - Confidential HIV and STD testing and counseling
- **Women's Health Care**
 - Comprehensive women's care including Pap smears, breast exams and mammography referrals
 - Family planning
 - Pregnancy testing
 - Acute and Chronic Gynecological Problems

■ Dental Services

- General Dentistry for Children and Adults
- Exams and X-Rays
- Emergency Services
- Fillings and Extractions
- Cleanings, Sealants and Fluoride Treatment
- Referrals
- Patient Education
- Dentures and Partials
- Stay plates
- Oral Surgery
- Root Canals

■ Behavioral Health

- Integrated Care
 - Working with patients and providers to determine behavioral health and social needs
 - Educating patients about behavioral health (mental health, therapy, drug and alcohol treatment, etc),
 - Ensuring that the patient leaves with a greater understanding of how SNAHC can assist in their healing and recovery.
 - Making targeted referrals to specific providers to match patient needs with provider specialties
- Counseling & Treatment
 - Mental Health Counseling
 - Substance Use Disorder Counseling
 - Drug & Alcohol Counseling
- Recovery
 - Includes various groups and classes: Red Road/White Bison Recovery Group, Healing Our People through Education (Drug and

Alcohol structured curriculum), Anger Management, Parenting, Batterer's Intervention, Culture is Prevention*, Two-Spirit talking circle*, and Yoga for Wellness*.

■ Community Health

- Youth Programming
- Family Support
- Mental Health Clinical Services
- Cultural Programming
- Suicide Prevention and Intervention Training

■ Vision Services

- Comprehensive eye examinations for all ages
- Color and depth perception for pediatrics
- Comprehensive examinations for our diabetic patients
- Comprehensive examinations for our glaucoma patients and those who may be at risk
- Emergency/Urgent Eye Care Services
- State-of-the-art equipment for determining and documenting:
- Glasses prescription
- Visual fields
- Full retinal photographs
- OCT scans for glaucoma and diabetic retinopathy
- Cataract evaluation
- Referral services for additional support for your eye health
- Full optical services
- Single Vision
- Bifocals
- Progressives
- Transitions
- Fashion Frames

- [Specialty Services](#)
 - Podiatry
 - Chiropractic Services
 - Transgender Care & Hormone Therapy
 - Diabetes Living Well
 - Suboxone Treatment Program
 - HIV and Hepatitis C Testing & Counseling
 - Hepatitis C Treatment
- [Chapa-De Indian Health](#)
 - “Accepting American Indian, Medi-Cal, Medicare, and Uninsured Patients.”
 - Auburn Health Center
 - (530) 887-2800
 - 11670 Atwood Rd, Auburn, CA 95603
 - Grass Valley Health Center
 - (530) 477-8545
 - 1350 East Main St, Grass Valley, CA 95945
 - Services Provided:
 - [Medical Care](#)
 - Well Child Checks with Immunizations
 - Complete Physical Examinations with Immunizations
 - Family Planning, Including Placement of Intrauterine Devices & Vasectomy
 - Testing and Treatment of Sexually Transmitted Infections
 - Well Woman Exams
 - Pregnancy Testing
 - Prenatal Care
 - Management of Chronic Illnesses
 - Counseling on Nutrition, Exercise and Lifestyle
 - Screening Exams for Vision, Hearing, Tuberculosis and Cancers
 - Confidential HIV Testing

- Blood Tests
- Electrocardiogram (EKG)
- Minor Surgery
- Treatment of Sprains or Simple Fractures
- COVID-19 Testing & Treatment Prescriptions

■ Dental Care

- Diagnostic Exams
- Oral Hygiene Instruction
- Dental Prophylaxis (cleaning)
- Digital X-Rays
- Restorative Care (fillings)
- Dental Appliances (crowns, bridges, dentures)
- Limited Root Canals
- Limited Oral Surgery
- Fluoride Treatments
- Orthodontia (in Auburn only)

■ Optometry

- Comprehensive Eye Health and Vision Examinations
- Diagnosis and Treatment of Eye Diseases and Vision Disorders
- Detection of General Health Problems
- Prescribing Glasses, Contact Lenses, and Medication
- Performing Minor Surgical Procedures

■ Behavioral Health

- Depression
- Anxiety
- Mood Instability
- Substance Abuse
- Anger Management
- Child Behavioral and Emotional Problems

- Domestic Violence
- Trauma
- Bereavement
- [Pharmacy](#)
- [Diabetes](#)
 - Diabetes Prevention Program
 - Diabetes Wellness Program
 - Diabetes Support Group
 - Exercise Groups & Classes
- [Prenatal Care](#)
 - Check-ups at Chapa-De once a month or more until your 34th week, where you will then start having weekly appointments with Camelia Women's Health who will deliver your baby at Mercy San Juan Medical Center
 - Tests to check your health and the health of your baby
 - Classes and one-on-one information about pregnancy, childbirth, baby care and breastfeeding
 - Referral to community agencies that can provide additional help and services
 - Information about where to go for financial help, health insurance like Medi-Cal or food programs like WIC or local food banks
 - Help with cutting down or quitting smoking, drinking or using drugs
 - Help eating healthy foods while you are pregnant
 - Counseling on problems or family issues you may have
 - Postpartum care to assure that you recover well after the baby is born
 - Newborn care to assure your baby a healthy start in life
 - Future family planning
- [Telehealth](#)
 - Telehealth Services at Chapa-De
 - Telehealth Services for Specialty Care

- Telehealth Program lets you see doctors who specialize in services like:
 - Cardiology
 - Neurology
 - Gastroenterology
 - Endocrinology
 - Rheumatology
 - Psychiatry
 - Dermatology
 - Infectious Disease

- [Addiction](#)

- “Addiction is a chronic, progressive, relapsing disease that can be treated. At Chapa-De, you will find non-judgmental and compassionate care for all addictive diseases.”
- Treatment for Opiate Addiction
 - Medication to suppress cravings and alleviate the symptoms of withdrawal (we use buprenorphine/naloxone, also known as suboxone)
 - Behavioral Health Assessment and Care
 - Nurse Case Management & Weekly Stabilization Group Visits
- Tobacco Cessation
- Red Road to Wellbriety Talking Circle

- [Health & Wellness](#)

- [Indian Health Service](#)

- “Members of 567 federally recognized American Indian and Alaska Native Tribes and their descendants are eligible for services provided by the Indian Health Service. IHS provides a comprehensive health service delivery system for approximately 2.2 million American Indians and Alaska Natives.”
- [California Locations](#)
- [Contact Form](#)

Financial Assistance

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Community/Cultural Resources

- [Native Dads Network](#) (501(c)3 Non-profit Organization)
 - (916) 346-4277
 - info@natedadsnetwork.org
 - mikedndninc@gmail.com
 - 1418 20th St, Suite #100, Sacramento, CA 95811
 - Services Provided
 - “Native Dads Network’s purpose is to protect and restore the indigenous family structure through culture, education, and inter-generational healing.”
 - Parenting Education, understand mental health, support network, support groups, virtual support.
 - “Through comprehensive, well-coordinated, and culturally sensitive services our vision (i.e., ideal future) is to address, reduce, and ultimately eliminate the cycle of addiction, domestic violence, sexual assault, child abuse, incarceration, suicide, poverty, homelessness, and mental illnesses, among other interpersonal harmful behaviors and societal stressors affecting the well-being of our native communities.”
- [Sierra Native Alliance](#) (501(c)3 Non-profit Organization)
 - (530) 888-8767
 - P.O. Box 6336, Auburn, CA 95603
 - Programs:
 - Youth Programs
 - Youth Leadership
 - Wellness Groups
 - Mentoring & Advocacy

- White Bison (Substance Use Education)- 12 Steps for Youth
- Cultural Education
 - Annual Summer Youth Camp
 - June 18th-21st, 2024
 - Ages 12-17.
 - Open to the community, native families, no documentation needed, or enrolled in a program (not necessary)
 - Camp Gold Hollow 17183 Lake Vera Purdon Rd. Nevada City, CA 95959
 - Free camping (accommodations include showers, campfire, indoor dining, free meals, games and transportation. Limited tents & sleeping bags available upon request.
 - Activities:
 - Wellness activities
 - Cultural activities
 - Traditional foods
 - Native arts/crafts
 - Swimming
 - Canoeing
 - Storytelling and traditional dance
- Behavioral Health
 - SNA White Bison Program:
 - “SNA White Bison Program provides culturally relevant substance use education, counseling and family support to meet the needs of participants and their family members. The goal of the White Bison program is to support clean and sober lifestyles, while healing from the social, emotional, family and cultural impacts of substance use. Sierra Native Alliance is a certified Outpatient Substance Use services program, and provides outreach, outpatient treatment, intensive outpatient, and

recovery support services. Individual counseling and group services include:"

- Tuesday - White Bison Group 6-7:30 pm
- Tuesday - Native Matrix Group 6-7:30
- Wednesday - Family Group 6-7:30pm
- Thursday - Relapse Prevention 6-7pm

- **Mental Health Services**

- SNA Counseling services take into consideration individual, cultural and historical experiences, and provide options to support healing and growth. Group, individual, family, and child counseling is available based on family and individual needs. Traditional Indian Health services are also available, integrated into a holistic plan of services and supports for achieving the best quality of life desired.
- For more information about Behavioral Health services call Tanya Mark at (530) 888-8767

- **Family Wellness**

- Jasmine Mylar at (530) 888-8767
- "Sierra Native Alliance provides a continuum of mental health and substance use counseling services, including outpatient substance use treatment, recovery support, and mental health counseling. SNA Behavioral Health programs help participants address the challenges of the past and present, while building a vision of the way they want to live. Sierra Native Alliance (SNA) Family Wellness Programs included family strengthening, parent education, case management, counseling and advocacy to support parents achieving their family wellness goals."
 - Family advocacy
 - "For families involved with the child welfare and justice system, SNA also provides advocacy to assist families

with understanding the legal process, including their rights under the Indian Child Welfare Act (ICWA) and the resources available for Native families. SNA Family Advocates provide a full range of support services to strengthen and preserve families; including facilitating meetings with child welfare services, developing culturally relevant care plans, facilitating community support, and access to the resources needed to successfully complete court requirements.”

- Parent education

- “SNA provides Positive Indian Parenting classes using the National Indian Child Welfare Association (NICWA) curriculum to support positive parenting skills and values. Families of Tradition family activity nights provide a meal, wellness skills and cultural activity for family members across the generations. Parenting classes and Families of Tradition evenings also build mutual support between families, and strengthen community connections to help keep our families healthy and strong.”

- Violence prevention

- “SNA promotes healthy family relationships and communication through a combination of education and counseling services. Anger Management classes use Mindfulness techniques to increase awareness of thoughts and feelings, while building skills for reducing and managing anger and frustration, and ability to express anger constructively through non-violent communication skills training.”
- “SNA also provides 52-week Domestic Violence groups separately for men and for women that fulfill court

requirements. These groups increase understanding of the roots and patterns of family violence, build skills for recognizing risks and changing relationship patterns that contribute to violence, build skills for managing anger and frustration, and develop constructive nonviolent communication skills.”

- Perinatal/Early childhood
 - “SNA Parent Educators provide Perinatal and Early Childhood developmental assessments, parent support, and education through the Positive Indian Parenting and Parents as Teachers model. Home visitation services, access to behavioral health counseling, along with case management is provided to ensure that parents are equipped with the information, resources and support needed to help their children thrive during pregnancy through the first years of life. Contact Jessica Ornales for more information on home visitation and early childhood support services at (530) 888-8767.”

Legal Assistance

- [California Indian Legal Services](#)
 - Southern Office: (800) 743-8941
 - Central Office: (800) 829-0284
 - Eastern Office: (800) 736-3582
 - Northern Office: (800) 347-2402
 - Services
 - [Legal Services for Individual Native Americans](#)
 - [Legal Services for Tribes](#)
 - [Community Education Resources and Training](#)

Education

- [Native American Opportunity Plan](#)
 - “If you are eligible for the Native American Opportunity Plan, your in-state systemwide Tuition and Student Services Fees will be fully covered by either UC financial aid or another federal, state or other financial aid program.”
- [Federated Indians of Graton Rancheria](#)