



KTHC's mission is to provide access to quality healthcare to the Native Americans living in our tribal community. In partnership, we will help each person achieve their best physical, mental, social, & spiritual health, thereby increasing longevity & wellness.

Fentanyl's cause for concern in our community

What is Fentanyl? Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. It only takes a very small amount of fentanyl to be lethal to a person. To get an idea of the amount of fentanyl it takes to be lethal, look at the image when compared to a penny!

According to CDC, Fentanyl and other synthetic opioids are the most common drugs involved in overdose deaths. Even in small doses, it can be deadly. Over 150 people die every day from overdoses related to synthetic opioids like fentanyl. Non-Hispanic American Indian or Alaska Native people had the highest drug overdose death rates in both 2020 and 2021. From 2017 to 2021, the Oklahoma Bureau of Narcotics



reported a 450% increase of fentanyl deaths across Oklahoma. From Jan. 19 through Dec. 13 of last year, Oklahoma City police say they have worked a suspected 101 fentanyl-related deaths.

Thankfully there is help in which the community can take action against a possible opioid overdose. Naloxone (Narcan) is a life-saving medication that can reverse the effects of opioid overdose. Naloxone acts as bridge between the call to 911. (continue page 2 Naloxone)

MARCH 2023

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Contact us:

105365 S. Hwy 102
PO Box 1059
McLoud, OK 74851
(405)964-2081

Open Mon - Fri 7:30am -
5pm

KTHC
Web Page



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Naloxone

Naloxone will start working within 1 to 5 minutes of injection to help restore normal breathing and consciousness. Naloxone only works in the body for 30 to 60 minutes. Overdose can continue, return or worsen depending on the potency and duration of the opioid used, according to Overdose Lifeline.

How it Works	Completely Safe	No Side Effects	Saves Lives
Naloxone reverses an opioid overdose by attaching to opioid receptors and reversing and blocking the effects of opioids.	Naloxone is completely safe, especially when used in low doses and administered properly.	Naloxone will not hurt someone who is not overdosing. There are no effects unless opioids are present.	It is the same concept as CPR, AED's, EpiPens. It mitigates the damage caused by a negative reaction in the body.

Oklahoma naloxone law 63 O.S. § 1-2506.1-2, passed in 2013, allows the prescribing and dispensing of naloxone, either directly or by standing order, to individuals who are prescribed opioids, to first responders, lay administrators, and the public. Individuals who administer naloxone are protected from the Oklahoma "Good Samaritan" provisions which encourage bystanders to administer naloxone and to summon emergency responders without fear of arrest or other negative legal consequences. KTHC is a site where you can get a Narcan Kit for free if you are patient, visit the Pharmacy or call 405-964-2081 ext. 225 to pick up a kit. If you are not a patient, visit our Behavioral Health Department or call 405-988-2075 to pick up a kit. Sign up to have Naloxone mailed directly to your home by going to: org/overdose/.

Additional News:

- National Endometriosis Awareness Month
- Colorectal Cancer Awareness Month
- March is the month of Women's Health Awareness
- May 11, 2023 marks the end of Public Health Emergency–i.e. end of the COVID-19 Pandemic
- National Nutrition Month

Extra Additional News:

- Patient Safety Awareness Week takes place in March and this year, it takes place from March 13 to 18. Patient Safety Awareness Week is an event that was created to encourage education on healthcare safety. According to the World Health Organization (WHO), over 2.6 million deaths are due to unsafe care in healthcare setting in developed and developing countries. Through Patient Safety Awareness Week, the Institute for Health Care Improvement hopes to promote important discussions locally and internationally that will lead to improved healthcare safety for caregivers, patients, and the healthcare systems in general (OSHA, 2023).



MARCH ANNIVERSARY

Amanda Halford
Serena Selumber
Ian Kodaseet
Veronica Tiger
Justin Wahpekeche
Johnny Johnson

Sarah Henson
Juanita Lipsey
Donna Murdock
Cassandra Johnson-Clark
Sarah Ragsdale

MARCH BIRTHDAYS

Lisa Duello
Nikkie Hester
Angie Serrato
Allison Halford
Kaylee Stevens

Sherry Cox
Rhonda Darling
Brooke Rochelle
Sunny Wahpekeche
Legus Salazar

Patricia Tehauno
Ozmond Wahpekeche
Dr. Jackson
Abraham Pedro



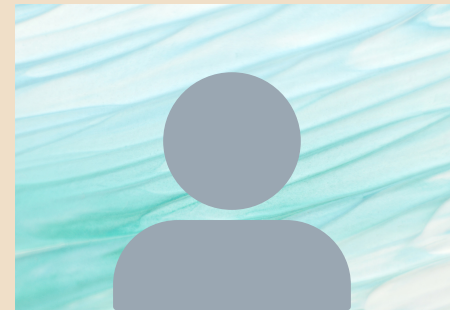
WELCOME ABOARD

NEW KTHC TEAM MEMBER!!

John Rosin
IT Technician



This could be you!



Healthy Recipes: Spice-Rubbed Pork Chops

Cooking Instructions

MAKES: 4 SERVINGS **SERVING SIZE:** 1 PORK CHOP
PREP TIME: 5 MINUTES

- 1 tablespoon dried oregano
- 2 tablespoons paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 4 5-ounce, bone-in pork chops
- Cooking spray

1. In a small bowl, combine the first six ingredients and stir well.
2. Rub one side of each pork chop well with spice mixture.
3. Coat a large nonstick skillet with cooking spray. Over medium-high heat, place each chop spice down and cook for four minutes on each side or until done.

we're hiring!



contact us today

(405)964-2081x352

www.okkthc.com/careers



- Radiology Director
- Case Manager (Behavioral Health)
- Pharmacy Billing Technician
- Registered Nurse
- Finance Director
- Maintenance Technician
- License Practical Nurse

Past
Events



Kickapoo Community Meeting

Thursday March 9th, 2023 6PM
@ The CRRC Building

The Office of Grants Administration is sponsoring this
Community meeting to talk about the following grant
opportunities for the people:

- Economic Development
- Language and Culture
- Environmental Stewardship
- Elders Center
- Agricultural Opportunities

A Dinner of fluffy frybread, Cope's corn
and refreshments will be provided!



If you think your picture
was taken and would like a
copy, please contact:
Brent.Shields@okkthc.com
Thank you!

UPCOMING events



Join
us!

KICKAPOO TRIBAL HEALTH CENTER BEHAVIORAL HEALTH

COMMUNITY GARDEN

HOSTED BY NATIVE CONNECTIONS GRANT

Getting to Know Your Soil

WITH TASSEY BEASON

Learn how to test your soil this garden season!

We will cover the right first test, interpreting soil analyses, and improving soil quality.

- ✓ Date: March 28th
- ✓ Time: 10:00AM - 11:00AM (class) & 11:15AM-12:00PM (work on beds)
- ✓ Location: CRRC Gym Floor (Building A)
- ✓ RSVP: Email nativeconnections@okkthc.com or call (405)988-2065
- ✓ All ages & surrounding community welcome!



SAMHSA
Substance Abuse and Mental Health
Services Administration



- SoonerCare coverage renewals begin, 04/30/2023.

The Kickapoo Tribal Health Center is proud to sponsor the Veterans Administration

Benefits Fair

March 29th, 2023 9am-3pm @ Multipurpose room



VA Benefits will include:

- Native VA Navigator
- Suicide Prevention Program
- VA Benefits for Native Veterans
- VA Online Health Portal
- Congressional Liaison
- Social Services VA Benefits

REMEMBER AND HONOR

Native American Veterans are strongly encouraged to attend! Thank you for your service you are honored and welcome at the Kickapoo Tribe of Oklahoma and the Kickapoo Tribal Health Center

KEPIICHIHI (THANK YOU)