

THE NUI INSIDER

NEVADA URBAN INDIANS, INC. NEWSLETTER

1st Quarter January – March 2024



OUR MISSION:

To enhance the well-being of American Indians and Alaskan Natives, and other underserved members of the community through health care, social services, cultural awareness and education.



We accept **MEDICAID** along with many other insurances!

DID YOU KNOW...

We proudly serve **BOTH** Native Americans and non-Native Individuals.

VISIT US TODAY IN RENO
AND CARSON CITY!

9480 Gateway Drive Suite 100
Reno, NV 89521

236 East Winnie Lane
Carson City, NV 89706

No Insurance? No Problem!

We can help you!

[SIGN UP FOR INSURANCE](#)

NUI has a competitive **SLIDING FEE SCALE PROGRAM!**



Call us today to find out how we can help you!

Reno Office: 775-788-7600

Carson City Office: 775-350-7701

Our Clinic Services

Substance Abuse Counseling:
Please call for more information.

Limited Medical Services
Mental Health Counselor
Substance Abuse Counselor
Diabetic Program

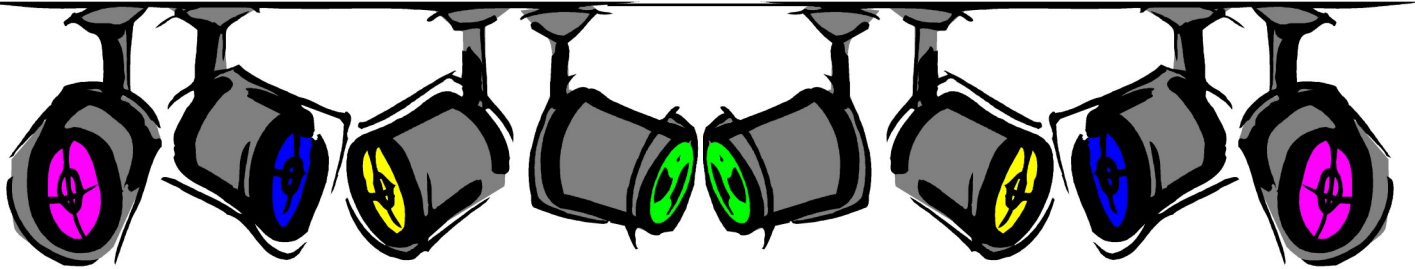
Mental Health Counseling:
With a licensed social worker,
our services include: therapy
sessions for anxiety, depression,
PTSD, grief, co-occurring
disorders; individualized sessions;
family sessions; relationship
sessions.

Medical Services:
Our medical services include: primary care
for non-life threatening illnesses and
injuries; referral assistance; disease
prevention; child wellness screening;
immunizations; sliding fee discount
program available for those with no
insurance.

Diabetes Program:
Our diabetes program services include:
screening; education; prevention;
management of diabetes; cooking
classes; podiatry clinics; arts & crafts
wellness events; hiking club; various
physical activities for youth; small
group personal training; yoga; diabetes
self-management group classes.

Call for Appointment
775-788-7600

EMPLOYEE SPOTLIGHT



NUI would like to welcome Ashley Cridland, Samantha Hedding, Tania Torres, and Valerie Ignatenko.

Hello! My name is Ashley, and I am the Certified Medical Biller & Coder Specialist at NUI. In working at NUI, I hope to bring my sense of humor, dedication, and work ethic. I was born and raised in Las Vegas but have called Reno my home for just over 4 years now. I attended Carrington College where I obtained my certification in Medical Billing & Coding. In my free time, I love to read when I can find time, but mostly spend time with my kids aged 13 and 6. We enjoy playing in the snow, going hiking or watching a movie, whatever kind of fun stuff we can get into! We have 2 cats, Trigger and Ambush, and trust me their names fit them perfectly.

Ashley Cridland



Hello! My name is Samantha Hedding. I am the Mental Health Counselor at our Reno office. I was born and raised in Missouri. I have also lived in Alaska, and I miss it greatly! I relocated to Reno in 2022, and I enjoy driving through the mountains. I have 2 dogs, who both have very silly personalities. My hobbies include baking and crocheting in my free time.

Samantha Hedding



I am a Caucasian, cisgender female with my heritage originating in Russia. I currently live on Washoe Land. I have been a licensed psychologist in Nevada since 2018 after moving here, but I have been working in the mental health field since 2002. I work with children, families, adults, and can provide therapy services as well as assessment and evaluation. I have worked with Indigenous communities since 2018, and I am strongly connected to the Washoe tribe. I have a strong interest in traditional and alternative medicines as they apply to psychology. Personally, I enjoy biking, animals, swimming, and music.

Valerie Ignatenko



Tania Torres

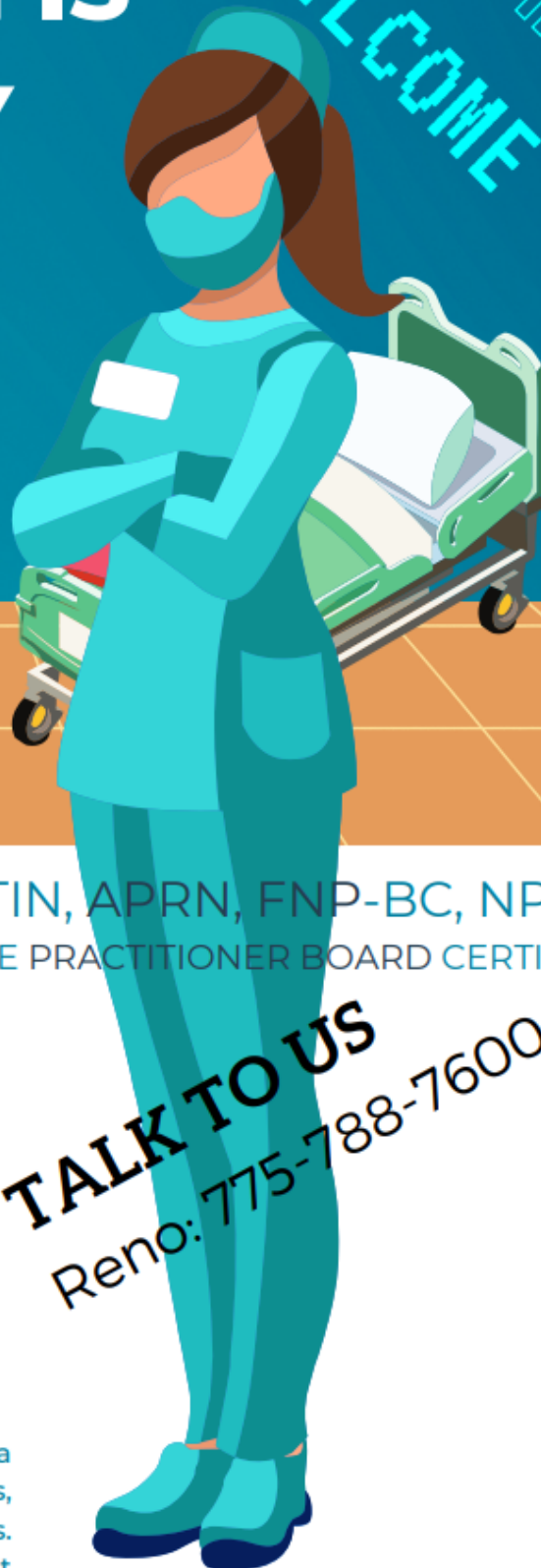
Hi my name is Tania Torres. I am a Certified Medical Assistant here at Nevada Urban Indians, Inc. I have been in the medical field since 1998. I've called Reno my home since 2000. I am a mother of five amazing children ages range from 25 to 8 years old. I like to have family time with my kids, my grandson, and my 2 Chihuahuas, Chocolate and Snowball. We enjoy family road trips in the summer to my home town in sunny California.



Nevada Urban Indians Inc.

YOUR HEALTH IS OUR PRIORITY

WALK-INS
WELCOME



OUR PROVIDER: JEMIA MARTIN, APRN, FNP-BC, NP-C
EXPERIENCED ADVANCE PRACTICE NURSE PRACTITIONER BOARD CERTIFIED.



MEDICAL CHECK-UP

Specializes in Women's/Men's Health
Acute Care
Primary Care
Infectious Disease



INFECTIOUS DISEASE

HIV/HCV
STI
PrEP
PEP




CONSULTATION

Adept at diagnosing and treating a wide range of medical conditions, including acute and complex illnesses. Call us today for an appointment at either our Reno or Carson City location!

TALK TO US
Reno: 775-788-7600

www.nevadaurbanindians.org



**IN OBSERVANCE
OF PRESIDENT'S
DAY,
NEVADA URBAN
INDIANS, INC.
WILL BE CLOSED
FEBRUARY 19TH
8 AM - 4:30 PM.**



**WE WILL REOPEN ON
FEBRUARY 20TH AT
8 AM FOR REGULAR
BUSINESS HOURS.**

Victim Services Program

Hello Community Members, Survivors and Agencies!

This quarter the Victim Services Program would like to provide information on the types of abuse. There are many forms of abuse that include physical, emotional, verbal, sexual, and technological. If you are being abused and feel afraid to speak out, call the Domestic Violence Hotline at 800-799-7233 and someone will lend an ear.

The Victim Services program participated in the Domestic Violence Resource Center's event in October for Domestic Violence Awareness Month. This event was aimed at survivors of domestic violence and was intended to spread awareness to domestic violence and the theme was Safety Planning. Some tips or safety planning when planning to flee include packing an emergency bag with essentials, making a list of people you can speak to and places you can go in case of an emergency. Also, make a list of what important documents you will need.

Client Comments:

"Thank you for helping with the trauma in a way that made me feel comfortable talking about them."

"This experience was good and helpful."

"Thank you for your time and care."

Program Services Include:

Emergency temporary shelter, food, clothing, transportation, support, safety & goal planning, community education, and referrals.

Contact the Victim Services Program staff for assistance:

Alyssa Alexander: VSP Coordinator
aalexander@nvui.org

Andrea Cerrillo: VSP Assistant
acerrillo@nvui.org

**Nevada Urban
Indians information:**
9480 Gateway Dr Ste
100, Reno, NV 89521
775-788-7600

Valentine's Day

WORD SEARCH

E C H O C O L A T E H
S D N E I R F A A R U
S W E E T H E A R T G
Y Y E F L O W E R S S
D R E N I T N E L A V
N A H D I P U C P R E
A U E E R D E I H C V
C R A E E I N S A R O
A B R R A K U R A R L
E E T I A R D A F R R
E F S E C S E S S I K

LOVE
CUPID
SWEETHEART
RED

VALENTINE
PINK
CARDS
FEBRUARY

FLOWERS
CRUSH
HEARTS
HUGS

CANDY
FRIENDS
KISSES
CHOCOLATE

NATIONAL STALKING AWARENESS MONTH



JANUARY

Did you know?

- Approximately 15% of women and 6% of men in the United States have experienced stalking

Young people are at an increased risk for stalking

- More than 50% of female stalking survivors and more than 30% of male stalking survivors were first stalked before they were 25 years old.
- American Indian/Alaska Native women are stalked at a rate at least twice that of any other race. Statistics established by the National Violence Against Women Survey reflect that 17 percent of American Indian and Alaska Native women are stalked in their lifetime, compared to 8.2 percent of white women, 6.5 percent of African-American women, and 4.5 percent of Asian/Pacific Islander women.

**LOOKING FOR RESOURCES?
CONTACT THE NEVADA URBAN
INDIANS VICTIM SERVICES
PROGRAM**

775-788-7600

**Nevada Urban
Indians, Inc.**



**NUI Partners
with Black
Wall Street and
Wake Up
Nevada to
place a
Narcan Box in
the Ponderosa
Hotel in Reno!**

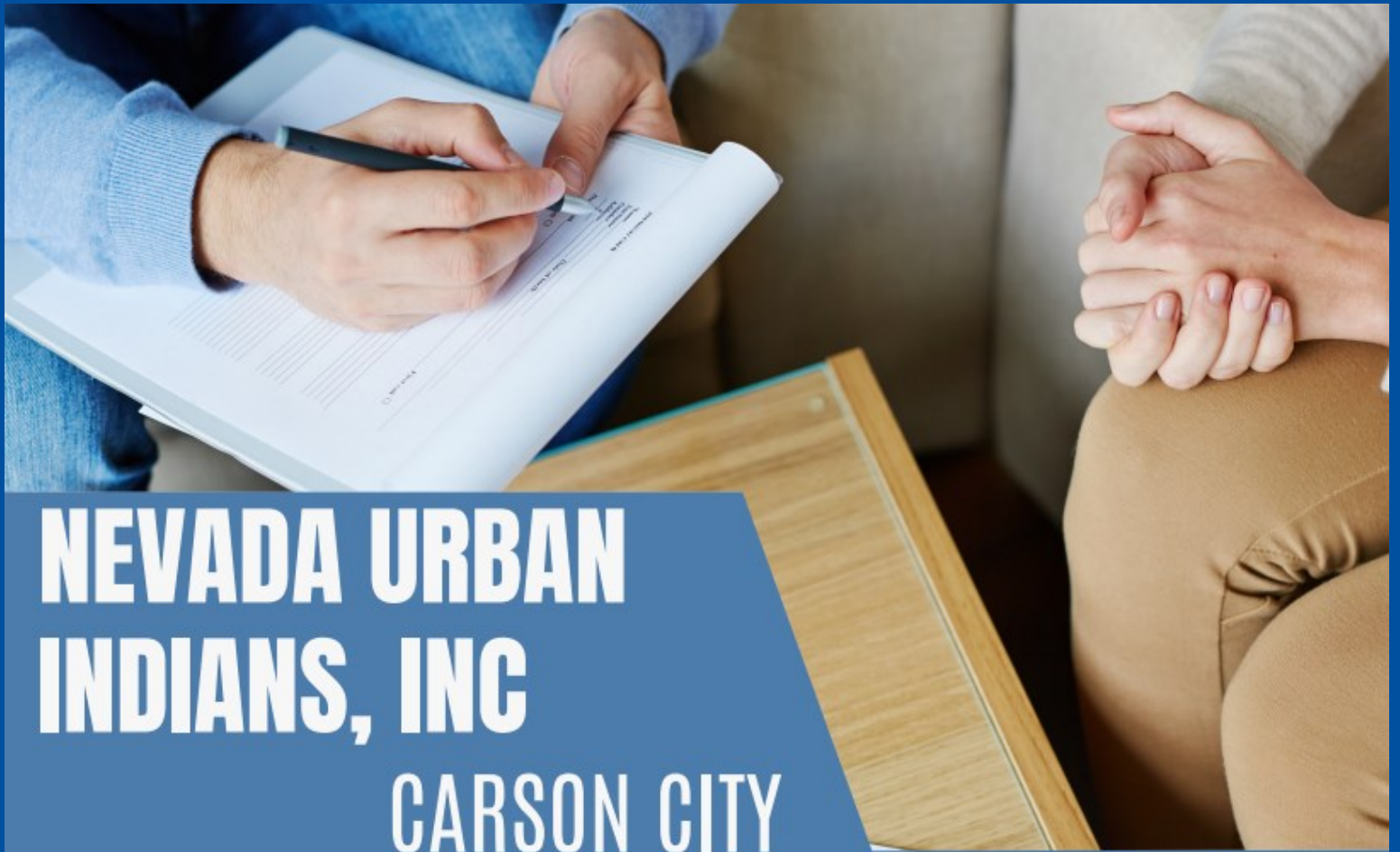


Pictured Above:

**Troy Papp, Substance Abuse
Counselor at Nevada Urban
Indians, Inc.; Head Cashier at
Ponderosa Hotel; Steve Hedrick,
Native Connections Assistant at
Nevada Urban Indians, Inc.**

Pictured to left:

**Steve Hedrick, Native Connections
Assistant at Nevada Urban
Indians, Inc.; Donald Griffin from Black
Wall Street; Troy Papp, Substance
Abuse Counselor at Nevada Urban
Indians, Inc.; Romar Toliver**



NEVADA URBAN INDIANS, INC

CARSON CITY COUNSELING SERVICES

SERVICES PROVIDED:

- ✓ Individual, Group, Family, and Couples Therapy
- ✓ Mental Status Exams
- ✓ General Psychological Testing
- ✓ Intellectual and Cognitive Assessments
- ✓ Eye Movement Desensitization and Reprocessing Therapy
- ✓ Advocacy
- ✓ Emotional Support Animal Evaluations and Reporting
- ✓ Trained in many more methods of therapy as well!

BOOKING NOW

GIVE US A CALL TODAY!



www.nevadaurbanindians.com



(775) 350-7701



No-bake protein balls that taste like cookie dough and have 7 g protein each and high in fiber! Also low in sugar for healthy energy, and so easy to make! Try making them with kiddos as an alternative snack to packaged cookies.



Cookie Dough Protein Balls

INGREDIENTS

- 1/4 cup almond butter or peanut butter
- 1/4 cup vanilla whey protein powder
- 2 and 1/2 tablespoons coconut flour
- 3/4 tablespoons honey
- 1/2 teaspoon pure vanilla extract
- Sprinkles of cinnamon
- 1-2 tablespoons unsweetened vanilla almond milk
- 1 tablespoons dark chocolate chips



In a bowl:

- Add the almond butter, protein powder, coconut flour, honey, vanilla extract, cinnamon, and almond milk. Stir until the mixture forms a dough that is soft enough to roll into balls, but not overly sticky. Add additional coconut flour or almond milk as needed to get the right consistency. Stir in the chocolate chips.
- Roll into balls. Enjoy immediately or store in the refrigerator for later. Should make about 6 per recipe.

NUTRITION:

- SERVING: 1 each
- CALORIES: 124kcal
- CARBOHYDRATES: 8g
- PROTEIN: 7g
- FAT: 7g
- SATURATED FAT: 2g
- SODIUM: 10mg
- FIBER: 4g
- SUGAR: 2g



**Diabetes Program
Nevada Urban Indians, Inc.**

Healing poses

Essential oils

Reiki

Restorative
Yoga

Relax with us every Tuesday

Less Anxiety

Less Muscle Tension

A Sense of Renewal

*With Instructor
Cynthia Roy
5pm*

at Nevada Urban Indians, Inc.

9480 Gateway Drive

Reno, NV 89521

abean@nvui.org or 775-788-7600 x125 or drop in!

Nevada Urban Indians, Inc.

NATIVE CONNECTIONS

The Native Connections program at Nevada Urban Indians, Inc. is a suicide and substance abuse prevention program generously funded by SAMHSA. This program primarily focuses on Native American youth and veterans under the age of 24 years old. We provide evidence-based programming, such as outdoor activities, cultural craft events, and healthy coping skill classes. We also offer LivingWorks trainings, such as ASIST and SafeTalk classes to train and educate everyone in suicide alertness, awareness and intervention. We also host a Native American Suicide Prevention Coalition, for more information please contact Steve Hedrick.



LIVINGWORKS
safeTALK

Amanda Hardisty is the Native Connections program coordinator. She is a proud member of the Cree Nation, the Moose Cree Mushkegowuk First Nation of Treaty 9 in Northern Ontario Canada. She has a background in criminal justice and victim services that lends to her ability to effectively implement the Native Connections program in an effective way within the Northern Nevada and Reno Sparks communities.



775-788-7600 ext. 137
ahardisty@nvui.org

Steve Hedrick is the Native Connections program assistant. He has a vibrant and extensive background working in outdoor education and social services. He brings his tenacity, drive and love for the outdoors and education to the Native Connections program.



775-788-7600 ext. 107
shedrick@nvui.org



LIVINGWORKS
ASIST



NNPH



Native Connections Winter Mental Health Tips

1 **Plan ahead to keep yourself occupied.** Imagine yourself moving through the next few months. What do you want to be doing? Get your supplies out and set up your space to get started.



2 **Move your body every day.** Staying active can boost your mental wellness. Set a goal that works for you; like 10 minutes of dancing or getting a certain number of steps in each day.

3 **Improve your mood with fresh air and sunshine.** Bundle up and get outside every day. Consider activities that make it fun to get outdoors -sledding, stargazing, or hiking in a local park.

4 **Reach out to someone every day.** Staying connected is so important for your mental health.



5 **Do something for someone else.** When you are feeling down, acts of service can be uplifting. Consider volunteering for a cause, knitting for a homeless shelter, or checking in on a neighbor who is overwhelmed.

6 **Try something new.** When you've been in the same routine for a long stretch of time, your brain benefits from doing something out of the ordinary.

7 **Don't forget your basic self-care.** Make sure you get enough sleep. Eat nutritious food and drink enough water. These go a long way in helping you stay emotionally well.



8 **Get enough light during the day.** If you can't get outside, hang out in sunny rooms. If your living or working space is dark, consider getting a light therapy lamp.



9 **Reach out for help.** It's okay to feel overwhelmed or down in the dumps during the winter months. Admitting things feel tough and talking about it can help.

988 SUICIDE AND CRISIS LIFELINE
Call or Text 988 or chat 988lifeline.org/chat
(Text and Chat only available in English)





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9480 Gateway Drive Suite 100
Reno, NV 89521
775-788-7600

236 E. Winnie Lane
Carson City, NV 89706
775-350-7701

Mental Health

Our Services

- ✓ Individual Therapy
- ✓ Family Therapy
- ✓ Group Therapy
- ✓ Mental Health Assessment

NUI accepts Medicaid as well as most other major insurances. Please call our front desk to confirm your insurance is accepted. A sliding scale is available for those who are uninsured or under-insured.

Our Mission

To enhance the well-being of American Indians and Alaska Natives, and other underserved members of the community through health care, social services, cultural awareness and education.



**Samantha Hedding,
MSW, LCSW**

www.nevadaurbanindians.org

Coughing and sneezing?

Get a flu Vaccine

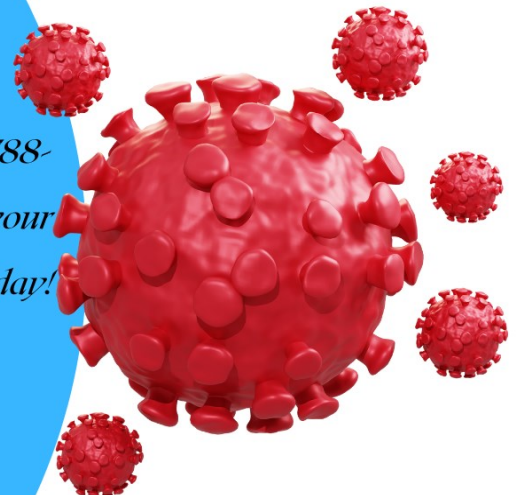
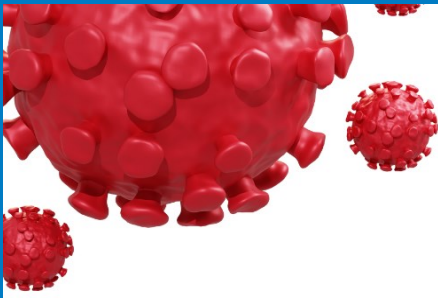
Not feeling well?

There's still time to get a flu vaccine if you haven't yet this season. You can get a flu vaccine at the same time as a COVID-19 vaccine.

*Nevada
UrbanIndians has
you covered!*

Walk-Ins Welcome!

*Call us at 775-788-
7600 to book your
appointment today!*



STRESS MANAGEMENT GROUP

Are you struggling with stress related to:

- Life changes
- Family
- Work
- School
- Health
- Moving
- Loss
- Legal issues
- Holidays
- Other?



Would you like to have?

- Peer and professional support
- Education about stress
- Healthy skills to cope with stress
- Help setting goals
- Accountability partners

9480 Gateway Drive
Reno, NV 89521

Are you 18 or older?

Every 2nd Tuesday
of the Month
starting January
9th at 11am

To Register, or for more information,
contact Alisa Bean or Samantha
Heddinger at 775-788-7600 or use the
QR code to email.



Nevada Urban Indians, Inc.

NEVADAURBANINDIANS.ORG



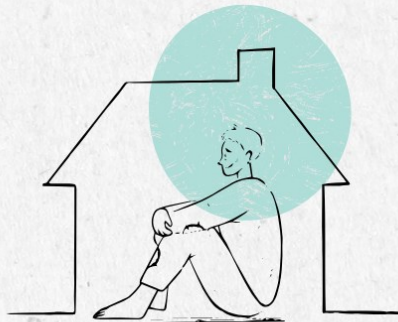
Mental Health Services

Discover the
path to well-being

Our services



Individual
therapy



Family &
Couples
therapy





Mental Health
Assessments

Our mission

To enhance the well-being of American Indians and Alaskan Natives, and other underserved member of the community, through health care, social services, cultural awareness, and education.

We await you with open arms!

 www.nevadaurbanindians.org

 775-788-7600