The Healthy Native

Family Practice Clinic

Services provided:
Medical
Mental Health Counseling
Community Education
Diabetes Clinic
Outreach Events
Pharmacy Program

Services accept most insurance and sliding scale fees are available to those that are uninsured. Services are provided regardless of ability to pay.

Pharmacy Program
American Indian Health Service and Walgreens have a partnership to provide low cost medications to uninsured and underinsured patients. To learn more about the program and how it can help you and your loved ones get access to affordable medications please give us a call at 773-883-9100.

Pharmacy Locations
Walgreens
953 W Irving Park Rd
Chicago, IL 60613

Walgreens
3222 N Milwaukee Ave
Chicago, IL 60618

Walgreens
4001 W Irving Park
Chicago, IL 60613

In 2016, the latest year for which incidence data are available, 82,476 new cases of Melanomas of the skin were reported, and 8,188 people died of Melanomas of the skin in the United States. For every 100,000 people, 22 new Melanomas of the skin cases were reported and 2 died of cancer.

Cancer is the second leading cause of death in the United States, exceeded only by heart disease. One of every four deaths in the United States is due to cancer.

Native Americans have the second highest rate of skin cancer with elders being most at risk.

Information obtained from: https://gis.cdc.gov/Cancer/USCS/DataViz.html
Behavioral Health Clinic

Meet our new staff! (From left to right)

Alia Mir, LCSW
Alia specializes in working with people of all age ranges struggling with depression, anxiety, active/passive/or a history of suicidal ideation. She strives to provide a safe and empathic space where clients feel heard and supported as they navigate through their mental health challenges.

Rose Milano, LCSW
Rose specializes in providing therapy to adults/couples struggling with life transition, depression, anxiety, substance use, mood disorders, and survivors of abuse.

Kaitlynn Johnson, M.S.
Kaitlynn specializes in working with victims of various traumas including domestic violence and sexual assault as well as with individuals struggling with a variety of mental health issues. She works with all age groups and has a passion for working with women and mothers.

July is Minority Mental Health Awareness Month

Research supports that AI/AN populations have higher rates of mental health problems than the general population.

AI/AN communities have high rates of substance abuse, posttraumatic stress disorder, suicide, and domestic violence.

Common Obstacles to Mental Health Services:

- Economic barriers (lack of insurance, cost)
- Lack of awareness & stigma surrounding mental health
- Lack of culturally appropriate services
- Lack of intervention strategies between mental health and primary care services

THINGS THAT HELP THOSE SUFFERING:

- Strong identity in and connection with culture
- Discussion with family and friends
- Traditional Healing Practices
- Wisdom of elders
- Enduring spirit

If you or a loved one is struggling call 773-883-9100 to make an appointment with a mental health staff or call one of the hotlines listed:

1-800-273-TALK (8255) SUICIDE HOTLINE
1-877-863-6338 DOMESTIC VIOLENCE HOTLINE

Information obtained from: https://www.psychiatry.org/psychiatrists/cultural-competency.
# Outreach & Upcoming Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Description</th>
<th>Where</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, July 21</td>
<td>Community Picnic! Bring your family and friends and a dish to share</td>
<td>4575 N Pulaski Rd (enter alley via Wilson Ave)</td>
</tr>
<tr>
<td>Friday, July 26</td>
<td>Family Event Bring your family and friends to enjoy arts &amp; crafts, guided meditation for stress management, &amp; a hula hoop competition! Prizes available</td>
<td>American Indian Health Services of Chicago 4326 W Montrose Ave</td>
</tr>
<tr>
<td>August 12-16</td>
<td>Back To School Event Schedule school physicals &amp; immunizations and grab a goodie bag!</td>
<td>American Indian Health Services of Chicago 4326 W Montrose Ave</td>
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## Ongoing Events:

**AA Meetings** every Thursday 5:30-6:30pm & Sunday 4-5pm

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**Did you know?**

Many Native American women were sharpshooters and able horsewomen!

Women are Sacred! Please join us in the battle against Murdered & Missing Indigenous Women. More info about this can be viewed at mmiwusa.org

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**Where & How To Find Us!**

4326 W. Montrose Ave
Chicago, IL, 60641
(773)-883-9100

Hours of Operation:
M-F 8am-5pm (closed 12-1)
Sat & Sun CLOSED

Bus Passes are available to those who meet Native eligibility requirements

Accessible on Bus 78 and Montrose Blue Line stop
Limited street parking available

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