



FROM THE BOARD OF TRUSTEES

Corinne Hofschneider Santos was nominated for the CHCC Board of Trustees in March 2019 and confirmed on July 1, 2019. She graduated from Mt. Hood Community College in Oregon in June 1989 with an associate of science degree, then transferred on to Oregon State University, where Santos graduated with a B.S. in General Science with an emphasis on Pre-Physical Therapy in June 1991.

Immediately after college, Santos landed her first job at the Commonwealth Health Center in the physical therapy department, although this was short lived as family matters called for her to relocate to Tinian. In Tinian, Santos worked as a junior high science, health, and PE teacher from February 1992 to September 1999, when she left PSS to become a child protective social worker and juvenile probation officer at the Department of Youth Services.

In November 2007, Santos retired from the government and relocated with her family to the mainland in 2008, living there until 2017. Santos briefly worked in the Gresham-Barlow school district as a facilitator before she became a voucher examiner for the Portland VA Medical Center's Purchase Care Division. This division was implemented to manage the Veterans Choice Act; outsourcing veterans' care into the community.

In her free time, Santos is an avid volunteer, having done volunteer work in all the places she's lived, especially for the youth. She brings to the board her knowledge and experience in advocacy, education, social work, and the federal healthcare system. Santos plans to use her knowledge and expertise to work closely with the board and CEO Muna in continuing the quest to provide quality healthcare throughout the CNMI, despite the challenges our islands have had to endure, especially these past few years.

YOU CAN ASIST THOSE AT RISK FOR SUICIDE

The CHCC Community Guidance Center's Suicide Prevention Program is committed to addressing the burden of suicide in the CNMI. In addition to providing intervention and counseling services, the program also focuses on outreach and education in the community, as well as promoting suicide intervention techniques through Applied Suicide Intervention Skills Training (ASIST).

ASIST workshops are held regularly by the Garrett Lee Smith Youth Suicide Prevention Program (GLS), under the CGC Suicide Prevention Program. The last one was in July, comprised of 24 individuals including staff from the CHCC Division of Public

Health Services Maternal Child Health Bureau and Community Guidance Center System of Care Program, the CNMI Office of Personnel Management, Karidat, Northern Marianas Protection and Advocacy Systems, Inc., the Commonwealth Office of Transit Authority, and members of the faith-based community.

The goal of ASIST is to help people become willing, ready, and able to provide emergency first aid to individuals who are at risk of suicide. During this two-day workshop, participants learned how to:

- Recognize people at risk for suicide.
- Identify the key elements of an effective suicide safety plan, and the actions required to implement it.
- Appreciate the value of improving and integrating suicide prevention resources in our community.
- Understand other important aspects of suicide prevention, including life-promotion and self-care.

The trainings are conducted by GLS Mental Health Counselor Mia Jones, along with other Suicide Prevention and Community Guidance Center staff.

ASIST workshops are open to anyone 16 or older and are the most widely used suicide intervention training workshops in the world. They offer something to every participant, no matter how experienced. Our trainers are all certified by LivingWorks, the developers of ASIST. To date, GLS has provided this training opportunity to nearly 400 members of the CNMI community across the islands of Saipan, Tinian, and Rota.

For more information or to sign up for an ASIST workshop, please contact the the CGC Suicide Prevention at 664-5483/5433 between 7:30am - 4:30pm, Monday through Friday, or find them on Facebook @cnmisuicideprevention.

The CGC Suicide Prevention Program provides prevention and intervention services to those who are having thoughts of suicide or have made a suicide attempt. Their mission is to reduce the incidence of suicide behaviors among CNMI residents and increase access to appropriate prevention and intervention services. GLS provides services geared at youth and young adults, with financial support through grant number 5H79SM062879 from the Substance Abuse and Mental Health Services Agency (SAMHSA), an agency of the U.S. Department of Health and Human Services (HHS).

If you or someone you know may be considering suicide, don't wait. Reach out to the CGC Suicide Prevention Program at (670) 664-5433, available Monday-Friday from 7:30am-4:30pm. Outside of those hours, please call the National Suicide Prevention Lifeline at 1-800-273-8255, which is available 24/7.

DID YOU KNOW?

Only 1 in 4 people infected with the dengue virus will develop the symptoms of dengue fever, and out of that number, only 1 in 20 will develop severe symptoms that may require hospitalization. Generally, dengue is a mild illness with few complications.

REMEMBERING TYPHOON YUTU THIS OCTOBER

The anniversary of Typhoon Yutu will be a difficult time for the community. It can be hard not to be reminded of bad memories, of homes and possessions lost, and the fear that we all felt while we weathered the storm.

But the CNMI is strong. We made it through then and we will make it through now, and while it's perfectly normal to have feelings of stress and anxiety, the CHCC wants to help you process those feelings in a healthy way.

The Community Guidance Center's Crisis Counseling Program YUTU will be hosting two events this October to promote resiliency and reflection on what we went through, and how we can move forward.

Reflecting Back and Looking Forward

October 24, 2019 10am-9pm

Tinian, Kammer Beach Main Pavilion

Resiliency Fest

October 26, 2019 5pm-10pm

Saipan, Marianas Business Plaza

Please check out our Facebook page @cnmichcc for any updates to these events. Join us as we celebrate the Marianas' strength and work to support each other through this difficult time.

CCP YUTU is an outreach-based programs that will visit you in your home or village to provide emotional support, teach coping skills, and provide referrals as needed. Everything is confidential, and the program does not keep records or case files of individuals.

Available Monday-Friday 7:30am-4:30pm

Saipan HelpLine: 286-0227

Tinian HelpLine: 286-0268

BACK TO SCHOOL TIPS FOR PARENTS

Every child faces challenges when heading back to school. The school environment demands many things that summer activities don't – the ability to sit still, get organized, stay on task, and adapt to a new, highly structured daily schedule. School also requires kids to separate from their parents and interact with peers. These and many other challenges can be exceptionally stressful for a child with a learning or mental health disorder, although our Back to School tips apply to all parents who want to help their kids do well in school.

1. The first rule of caring for your child's emotional and behavioral health is that there are no rules. Parenthood doesn't come with a manual and there will be a lot of trial and error as you figure out what works best to help your child.
2. Cover the basics. Before you dismiss your child's outburst as a lack of control, ask yourself if there is a simple explanation for what's going on. Are they hungry or thirsty? Are they too hot or cold? Are they overstimulated? Did they get enough sleep? Are they feeling under the weather (i.e. - colds, allergies, headaches, upset stomachs)?
3. Environment matters. Do your best to create a home that is low on stress, safe, and supportive. A "Mary Poppins"-type household would be great, but let's get real. If you and your significant other get in a fight, keep it away from the kids. Give reasonable timelines for getting chores done. Praise your child for the things they do well and let them know that you love them.
4. Create routines. Routines give a sense of stability to children and teens, especially those who struggle with anxiety. Keep both bedtime and the morning in mind. The Sleep Foundation recommends 9-11 hours of sleep for children ages 6-13, and 8-10 hours of sleep each night for teens ages 14-17. Make sure that your morning routine includes a healthy, low-sugar breakfast, which keeps young people from getting tired in school and helps improve attention span.
5. Encourage communication. Let your child know that they can talk to you about their thoughts, feelings, or difficult situations they're dealing with. When they do come to you, really listen to what they have to say. You may not agree or understand, but you need to accept that the difficulties they are having are very real to them. Think about things you struggled with when you were their age, and help your child to come up with constructive solutions.



DENGUE IN THE PACIFIC

Dengue fever is caused by the dengue virus, and is passed from person to person through the bite of infected *Aedes aegypti* or *Aedes albopictus* mosquitoes. Dengue is common in more than 100 countries around the world; forty percent of the world's population, approximately 3 billion people, live in areas with risk of dengue, according to the Centers for Disease Control and Prevention (CDC). Approximately 1 in 4 individuals who are infected with dengue will get sick with dengue fever, which presents with flu-like symptoms including a high fever, nausea and vomiting, severe joint and muscle pain, pain behind the eyes, and a transient rash. Although usually a mild illness, dengue fever can develop into what is known as "severe dengue," which may require hospitalization. According to the CDC, approximately 1 in 20 people who become sick with dengue will develop severe dengue.

Dengue outbreaks in neighboring Pacific islands, including Guam, Palau, Yap, and the Philippines, have resulted in a heightened alertness in the CNMI. Residents who are travelling to an area with a dengue outbreak should wear protective clothing and mosquito repellent to avoid being bitten by mosquitoes while abroad, and for at least two weeks after returning to the CNMI. If you begin to experience any of the above-listed symptoms, please seek medical attention right away.

Because dengue is transmitted only by mosquitoes, the most important thing you can do to protect yourself and your family is to Fight the Bite; avoid being bitten by mosquitoes and eliminate mosquito breeding areas in and around your home. Wear insect repellent and long clothing when outside, and cover strollers and cribs with mosquito netting. Mosquitoes spend the first three stages of their life in the water, so it is also important to dump out standing water sources such as buckets, tires, coconut husks, and other debris around your home and yard.

For more information about dengue fever, contact the CHCC Emergency Preparedness Program at 234-8950 or check out www.cdc.gov/dengue.



CHCC GUEST CHEF SERIES AIMS TO SHOWCASE LOCAL TALENT

We at the CHCC are working diligently to see that our cafeteria provides healthy food options and a comfortable dining environment for patients, staff, and the general public. We believe that what we eat, and how we eat it, contributes significantly to the health and wellness of our community. This dedication to food is why we support the Biba Healthy Restaurant Program and have recently rolled out the Guest Chef Series.

The Guest Chef Series was created to unite local chefs with new opportunities to showcase their talent, promote their businesses, and provide nutritious lunch options to CHCC cafeteria patrons. The program is an exciting approach to

enhancing exposure for local businesses while providing cafeteria guests with unique food experiences and catering to the unmet needs of CHCC patients.

The program was recently rolled out successfully with our first guest chefs, Juan Diaz and Kindo Villagomez (pictured), from Oba Sushi in late August. The CHCC plans to continue featuring local chefs at monthly events in the series.

Keep an eye on the CHCC's Facebook Page (@cnmichcc) for updates on the Guest Chef Series.

Any chefs interested in participating can email bibamenu@gmail.com for more information.



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Questions about the newsletter? Please call (670)234-8950 extension 3359 or email communications@chcc.gov.mp