

## Clinics on the Rez!

We have clinics located:

-Ball Club-(218) 246-2394

-Inger (218) 659-2764

-Onigum (218) 547-0521

-Bena (218) 665-5303

-Bemidji (218) 333-8144

-Wadiswan The Nest(218) 335-8315

-Diabetes Center (218) 335-4511

Please feel free to contact one of the  
outlined clinics, hours may vary.



Inger Clinic.



NATIVE YOUTH CRISIS LINE  
SUICIDE PREVENTION

**1-877-209-1266**

**[www.save.org](http://www.save.org)**

**Phone: 218-335-8315**

**Fax: 218-335-4578**

NATIVE YOUTH CRISIS LINE  
SUICIDE PREVENTION

# Teen Clinic 12-19 yrs of age!

## Wadiswan "Nest"

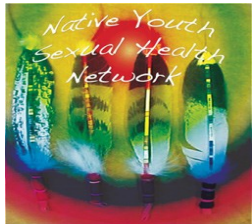


**Health Division: (218) 335-4587**  
**Nest: (218) 335-8315**

## Services provided:

### -Sports physicals

Immunizations, health history, vision screening, blood pressure, height/weight, possible labs, and seen by a health care provider.



**-Pregnancy tests-** patient education, referrals, and more.

**-Birth control-** patient education on birth control options and education on abstinence.

**-Sexual transmitted infections( STI/STD)** testing and counseling.

**-Pap smears-**patient education on cervical screening and STI information.

**-All information is confidential!**

## Teen Health:

### Yearly physical exams.

**Dental** exams every 6 months.

**Physical activity-**Walking 30mins a day, can help decrease the risk of diabetes!

**Nutrition-**Eat more fruits and vegetables and grains.



**Get your immunizations!** Even flu shots, helps you stay healthy.

### Live it!

Is a program developed in Minneapolis from the Division of Indian Work. It is on Teen Pregnancy Prevention Youth Curriculum. The Health Division is going to be implementing this program at the ALC in Cass Lake. There are 11 lessons that take an holistic approach to teen health with a pre and post test.

-1 discusses the "Talking Circle" were we bring in a elder and learn what the circle means.

-2 we go over the "Stages of Life" from infant to elders.

-3 we discuss "Anatomy & puberty" at this lesson we break into two groups boys/girls.

-4 is "The Whole me" were we discuss spirit, body, mind, and heart.

-5 "Healthy relationships" the group identifies aspects of a relationships.

-6 "Stress" how to handle stress and healthy ways to relieve stress.

-7 "Decision-Making" healthy methods and aspects related to sexual activity.

-8 "Communication" learn ways to communicate, how to be assertive (Strong) vs. passive (shy) and aggressive (bossy).

-9 "Cost-of-living" learn how much it cost to raise a family.

-10 "The Risk Factors" learn how to identify at-risk behaviors and learn ways to avoid those behaviors.

-11 "Wrap-up" were we tie everything together.

If you are interested in this program, please feel free to contact the Health Division at (218) 335-4500 and ask for the Nursing department.

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