

# Covering Indian Country



## Spotlight: Flu shots during pregnancy

To help prevent severe illness during the upcoming flu season, the Centers for Disease Control and Prevention (CDC) recommends that everyone ages 6 months and up get vaccinated against influenza by the end of October.

The risk for severe illness due to flu complications is especially high [during pregnancy](#). Flu shots help reduce that risk.

That's why we hope you'll share [Protect Two from the Flu](#) (PDF, 181 KB, 1 p), a flyer created by the Johns Hopkins Center for Indigenous Health.



*“Increasing flu vaccination rates helps to ensure Native American cultures are protected and preserved for future generations.” – Association of American Indian Physicians*

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The flyer answers 8 common questions about flu shots, while explaining how the shots help people stay healthy during pregnancy, and why non-pregnant family members should consider getting vaccinated.

When people in your community ask about flu shots:

- Share information from the [Association of American Indian Physicians](#), which has partnered with the CDC to promote flu vaccination among Native people
- Remind expectant families that vaccinations are [a covered preventive health service for adults and children](#)
- Refer people to their local Indian health care providers for this season's flu shot

## October: Breast cancer screening

# Early detection matters!

When breast cancer is found early, the odds of survival tend to be higher. Many federal and state laws have provisions that make sure most women with private insurance, Medicaid, and Medicare have coverage for breast cancer screening services.

Talk with a health care professional about which breast cancer screening tests are right for you.

For more information, contact your local Indian health care provider, visit [HealthCare.gov/coverage](https://www.healthcare.gov/coverage), or call 1-800-318-2596.



Share this ad in your newsletter or on your website. For more information, please visit CMS's [Outreach and Education Resources page](#).

### Public service announcements

Share these brief audio clips and videos, available in certain Native languages and English, on your local radio station, website, and Facebook page.



[Audio clips](#)



[Videos](#)



Post it

Early detection matters! Ask your provider which breast cancer screening tests are right for you.

<https://youtu.be/3FL2MY7cM4k>

#CMSNativeHealth

## CMS tribal products



Access these online, tribal-specific resources anytime:

- The newly updated [tribal version of the Roadmap to Better Care](#) (PDF, 3.3 MB, 27 pp) explains what health care coverage is and how to use it to stay well. The
- [August 2024–December 2025 calendar](#) (PDF, 12.8 MB, 42 pp) features resources to help families take steps toward better control of their health.

## Health observances

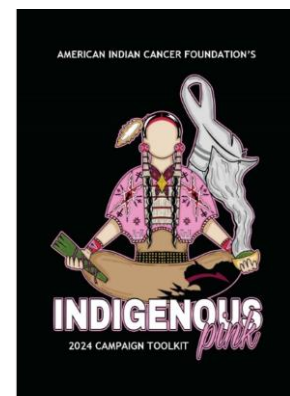
### Breast cancer awareness

October is Breast Cancer Awareness Month and October 17 is the 10th annual Indigenous Pink Day. Both observances highlight the importance of breast cancer screening.

The American Indian Cancer Foundation (AICAF) notes that everyone has breast tissue and is at risk for breast cancer. For that reason, people of all genders should discuss breast cancer screening with their local Indian health care providers.

Help promote conversations about breast health by sharing AICAF's [Indigenous Pink campaign toolkit](#) (PDF, 17.8 MB, 14 pp), which includes:

- Suggested community events and activities
- A social media calendar
- Links to culturally tailored breast health resources



## October is Domestic Violence Awareness Month

The National Center on Domestic Violence, Trauma, and Mental Health shares that substance use often serves as a coping mechanism for people experiencing domestic violence. Additionally, the Center shares that many abusive partners rely on substance use as a method of coercion.

Recognizing the potential impact of substance use on the lives of domestic violence survivors, the Center's [toolkit for hope, healing, and advocacy](#) can be used in conjunction with [an 8-part virtual learning series](#) for nurturing hope among domestic violence survivors.

Together, these resources prepare service providers to make sure domestic violence survivors get the trauma-informed care they need.

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## Additional resources

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### Toolkit to improve mental health support

An [Indigenous mental wellness toolkit](#) (PDF, 18.5 MB, 30 pp) is now available to better support mental health in American Indian and Alaska Native communities.

Intended for educators, therapists, and community-based organization staff, the toolkit offers suggestions for how to support the mental health of their Indigenous community clients.

Suggestions include:

- Making time to explain billing and insurance processes to Indigenous community members
- Encouraging Indigenous community members to share information regarding their financial situation and then connecting them with appropriate resources

The toolkit also lists ideas for conducting culturally inclusive outreach and engagement.

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## Funding opportunities

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### Scholarships for Indigenous health winter institute

**Priority deadline:** November 1 at 5 p.m. Eastern

**General deadline:** November 15 at 5 p.m. Eastern

[View the winter institute funding opportunity](#)



The Johns Hopkins Center for Indigenous Health is offering scholarships for its 2025 winter institute, which will teach the following courses online:

- An Interdisciplinary Approach to Understanding the Health of American Indians, January 6–10 from 11 a.m.–3:30 p.m. Eastern
  - Mental Health in American Indian Communities, January 13–17 from 12–4 p.m. Eastern
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### Fiscal Year 2024 Small Ambulatory Program

**Priority deadline:** November 8 at 5 p.m. Eastern

[View the Small Ambulatory Program funding opportunity](#)

Tribes and tribal organizations are encouraged to apply for Indian Health Service funds to support the construction, expansion, or modernization of ambulatory health care facilities.

The facilities must serve at least 500 eligible American Indians and Alaska Natives annually in an area with a population of at least 2,000 eligible people.

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## Calendar of events

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### Tele-behavioral health webinars

Sponsored by the Indian Health Service Tele-Behavioral Health Center of Excellence (TBHCE), these [tele-education webinars](#) are intended for health care team members.

#### **TBHCE webinar series, 12 p.m. Eastern**

- October 22 – Ethics and Confidentiality Concerns When Documenting Behavioral Health Notes
- October 29 – Maintaining a Culture of Wellness When Providing Behavioral Health Care

#### **Behavioral health integration webinar series, 12 p.m. Eastern**

- November 7 – Planning for PCP Workflows in Integrated Care Settings
  - December 5 – Suicide Prevention/Treatment in Integrated Care Settings
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## NCAI's 81st Annual Convention & Marketplace

**October 27–November 1**

Las Vegas, Nevada

[Register for NCAI's 81st Annual Convention & Marketplace](#)

The National Congress of American Indians (NCAI) invites members, allies, tribal leaders, and Native youth to its annual event to discuss important issues and develop strategies for

protecting and advancing tribal sovereignty.

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## 9th Annual Native American Women's Conference



Strength in Sisterhood

**Native American Women's Conference**

November 7-8, 2024

**November 7–8**

Chandler, Arizona

[Register for the Native American Women's Conference](#)

This year's Native American Women's Conference focuses on health, wellness, and healing. Roundtable topics include leaning into sisterhood, self-care for kinship caregivers, and more.

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## Being an Ally in Indian Country

**November 19–20**

**12–7 p.m. Eastern**

Virtual

[Register for Being an Ally in Indian Country](#)

Native Wellness Institute will facilitate an interactive training for tribal administrators, frontline workers, urban Indian center employees, and agency staff. The agenda includes time for group discussion, reflection, and assessment.



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### About the newsletter

Covering Indian Country is published by the Centers for Medicare & Medicaid Services (CMS) Division of Tribal Affairs to share resources, success stories, and best practices with the people who connect tribal communities to health care coverage.