

WHO WE SERVE

Rooted in Native American tradition, the compassionate, quality care delivered by San Diego American Indian Health Center has come to be regarded among the community's best.

Witnessing great need for holistic care and improved quality of life beyond the city's urban American Indian population, SDAIHC expanded to serve all San Diegans who could benefit from its programs in 2014. Since then, patient volumes have exponentially increased across all areas of service.

Over the past 10 years, the team has provided high quality care to a diverse range of community members via 339,000 patient visits: an increase of nearly 400 percent in just five years.



CULTURE & WELLNESS (OPEN GROUP)

Following is a list of some of the groups currently offered virtually:

**Tsuhnippeh Waippe
(Strong Women) Talking Circle
Indigenous Waippe Empowerment.**
Zoom Meeting ID: 954 8477 4286
Passcode: 802290

**David Castleberry
Healing with Cultural Crafts**
Zoom meeting ID: 845 084 3340
Password: CULTURE

Red Road (Relapse Prevention/Harm Reduction)
Mondays 10AM-11:30AM
Zoom Meeting ID: 967 5126 3394
Passcode: REDROAD

Spiritual Solutions Talking Circle
Wednesdays 7PM-9PM
Zoom Meeting ID: 971 7537 9598
Passcode: MEDICINE

Wellbriety Red Road Recovery
Wednesdays 1PM-2PM
Zoom Meeting ID: 974 7790 8930
Passcode: SAGE

VGRR- Virtual Generation Red Road
Youth Only (age 10-24)
Thursday 4PM-5PM
Contact Youth Center staff for link

Wellbriety 12 Step Recovery
Fridays 6:30PM-8PM
Zoom Meeting ID: 957 6572 9370
Passcode: CEDAR

Diabetes Prevention Program
Call for details

San Diego American Indian Health Center
2630 First Avenue
San Diego, CA 92103
(619) 234-2158
info@sdaihc.org



Body - Mind - Spirit



The San Diego American Indian Health Center continues providing comprehensive services to nearly 50,000 multicultural patients in San Diego County, as well as local communities who have found our health center as a haven for their own care as well.

Focused on the health and well-being of body, mind, and spirit, SDAIHC's services reduce disparities and bring hope to patients by increasing life expectancy and improving quality of life.

SDAIHC offers medical, dental, and behavioral health care and wellness programs, seamlessly integrated to meet the individual needs of each patient at a low cost.

The center's team of 70+ skilled professionals work together to ensure the whole person is cared for in a balanced and holistic way aligned with ancient Native American traditions, and the highest standard of medical practice.

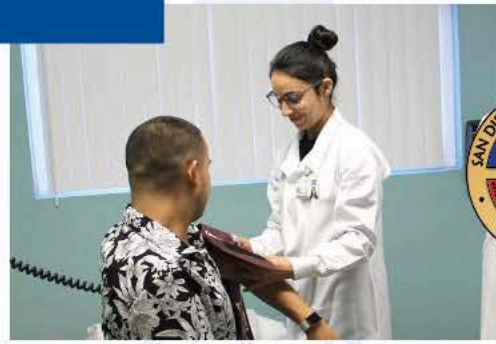
**Providing High-Quality
Care Services to All**

WHO WE ARE

MEDICAL

Monday-Friday 8AM-5PM

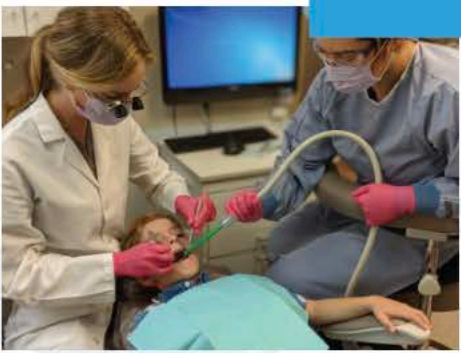
From periodic check-ups to attentive management of chronic conditions, SDAIHC's medical team provides family-centered care for all ages and backgrounds, emphasizing prevention and proper maintenance through education. Caring staff treat both acute and chronic issues through a range of screening, navigation, and therapeutic services to increase patient chances of long and healthy lives.



WELLNESS & YOUTH

GOOD MEDICINE: YOUTH DANCE/DRUM GROUP

SDAIHC Wellness team supports the youth with Intertribal Native American Powwow dancing and drumming as Prevention and early intervention. The youth will be instructed with traditional protocol and etiquette of carrying themselves during dancing and singing within the circle of life.



DENTAL

Monday-Thursday 8AM-6PM
Friday 8AM-5PM
Saturday 8AM-2PM
(includes special pediatric hours)

SDAIHC's compassionate team of dentists create gentle and relaxing dental care experiences focused on the whole patient. Serving both adults and children with general and specialty exams, treatments and procedures, the center's dental experts cater to individual needs as determined by regular assessments and overall health.

COMMUNITY WELLNESS

Monday-Friday 8AM-5PM

We provide a wide range of services that incorporate Urban Native American customs and traditions that improve your well-being, promote good health, and prevent disease, including education programming for those at risk of developing diabetes.

We offer counseling on nutrition, exercise and lifestyle coaching, and programs to support those in recovery.

GOOD MEDICINE: YOUTH OUTREACH PROGRAM

We would like to extend a warm welcome to our community and introduce you to our Youth Outreach Program. Our goal is to connect our youth with culturally based intervention activities that support wellness through cultural events: pow-wows, sweat lodge ceremonies, Indigenous arts and crafts, healing talking circles, Universal Intertribal gatherings, and cultural functions. We also support our youth within their educational path in life from grade school to college as our youth will be our future generations in Indian Country.

BEHAVIORAL HEALTH

Monday-Thursday 7:30AM-5PM
Friday 8AM-5PM

Counseling and therapy services for individuals, couples and families are among those in highest demand at San Diego American Indian Health Center. Whether a patient is seeking support around personal, family, work, school or other common challenges, SDAIHC clinicians trained in a variety of disciplines are accessible to provide culturally informed behavioral health services, seamlessly integrated with medical and dental care.



This comprehensive approach ensures healing and hope is achieved for patients across the three elements: body, mind, and spirit. Care is facilitated in a richly diverse and therapeutic environment sensitive to the unique cultural perspectives of each patient.

WELLNESS PROGRAM: YOUTH, FAMILY & ELDER.

Monday-Friday 8AM-5PM

Our staff is here to guide urban youth of all cultures (between the ages of 10-24) toward reaching their full potential as healthy, well-adjusted, young adults.

The youth center provides a safe place along with a positive atmosphere where school achievement is valued, sense of community and civic responsibility is encouraged, friendships are fostered, and health & wellness are a priority.

GENERATION RED ROAD YOUTH CURRICULUM

The Generation Red Road Youth Curriculum consists of Indigenous culturally evidenced-based practices for healing historical trauma and intergenerational trauma in Native American communities. The curriculum-driven programs braid Prevention, and Early Intervention, focused on substance use disorders, suicide prevention, mental wellbeing, and healing through traditionally based activities such as our Generation Red Road Talking Circle, where youth can partake in being in balance spiritually, mentally, emotionally, and physically.