Urban Indian Center of Salt Lake

TELEHEALTH UPDATE
As of 04/28/20

In response to the Corona Virus/Covid-19 situation and in accordance with the CDC, Utah Department of Health, and Salt Lake County Health Department regulations, the Urban Indian Center of Salt Lake has temporarily adjusted their programs to Telehealth response as a virtual/remote format. Here are the following programs offered.

**Cedar Point Health & Wellness Center**

- **Diabetes prevention and Management** visits via phone with our Registered Dietician *Kristie Hinton* at (801) 214-7667
- **Personal training and Fitness** with *Tre Martinez* Certified Personal trainer at (385) 267-1715. Also, live streaming, recorded exercise, and nutrition videos posted on the UICSL Facebook and YouTube channels.
- **Primary care and Diabetes Management**, if clients would like a medical appointment with a Nurse Practitioner, please call (801) 486-4877 to make an appointment.

**Red Mesa Behavioral Health Department**

Currently RM Behavioral Health Department is offering Screenings, Individual Counseling for the Mental Health (including crisis calls for clients who have not completed screening or assessment), Substance Use (SUD) and Victim of Crime (VOCA) programs. We are providing our programs through telephone or video conferencing.

- **SUD** groups provided by phone; we are working on providing groups through videoconferencing platforms.
- **VOCA** grief recovery group offered by telephone or videoconferencing.
- Our staff is also providing resources and short video content for agency social media.
- For more information, please contact (801) 486-4877.

**Sacred Paths Youth Services**

The following programs offered until May 29, 2020

- **Tuesday’s 7:00 pm to 8:00 pm** - *Youth Cultural Enrichment & Wellness Promotions Program*
  - Instruction is offered in cultural crafts, powwow dancing, and drumming/singing
  - Programs are available to children and youth who are clients or children of clients at the UICSL.
- **Friday’s 3:00 pm to 4:00 pm** – *Girls of the Run Health and Wellness Program*
  - Instructions offered in empowerment, self-esteem, mental health and wellness.
  - This program is for girls who are clients or children of clients of the UICSL who are 3rd through 8th grades and has limited admission.

Contact Penelope Pinnecoose at (801) 214-7658, email *plpinnecoose@iwic.org* or Ed Napia at (801) 214-7662, email *Enapia@iwic.org* for more detailed information.