

Reaching a Rural Tribal Community to promote HIV/STI Safety and Awareness



Community
HEALTH



Perkins Family Clinic

The Iowa Tribe of Oklahoma (ITO) is a Federally Recognized Indian Tribe with over 800 enrolled Tribal citizens with reservation boundary located in mostly rural jurisdiction of Lincoln, Logan, and Payne Counties in Central Oklahoma and a small portion of Oklahoma County. The three rural counties are home to 164,251 residents, among these 8,460 identify as American Indian alone. The Iowa Tribe of Oklahoma has an established department of health, Perkins Family Clinic (PFC) located in the city limits of Perkins, Oklahoma. Services offered include family practice medicine, diabetes prevention and management, dental, laboratory, pharmacy for Native only patients, X-ray, behavioral health services, community health services, wellness center with wellness coaching, and patient benefits coordination for both Native Americans and non-Native American patients.





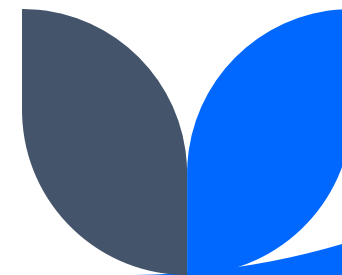
Laura Shepherd, BSN, RN is the Community Health Director for the Iowa Tribe of Oklahoma Division of Health, Perkins Family Clinic. She has worked in healthcare for more than a decade has spent the entirety of her career serving medically underserved communities and populations in rural areas of Oklahoma. Laura is an enrolled Citizen of the Cherokee Nation of Oklahoma.

Laura grew up in rural Northeastern Oklahoma Ottawa County. Serving underserved and rural communities has always been a passion for Laura. Her passion started as a high school student where she served as Native youth volunteer on the Tar Creek Superfund Site cleanup plan. Mrs. Shepherd obtained her Associate in Applied Science in Nursing from Northern Oklahoma College and her Bachelor of Science in Nursing from Oklahoma City University.

While working for the Iowa Tribe of Oklahoma, Laura has had the opportunity to serve in a variety of capacities. Laura has developed and fostered partnerships throughout the community to improve the overall health of patients, tribal members, and the community in which she serves. Laura has participated in grant writing and grant management and has overseen the coordination of grants and subaward funding opportunities. She has led, participated in, and has experience in conducting community assessments, strategic planning activities, program development and oversight, budgets and purchasing, implementation, evaluation efforts, sustainability planning, and ensuring fidelity to grants and program requirements. Laura has experience in the development and oversight of health-related policies and procedures.

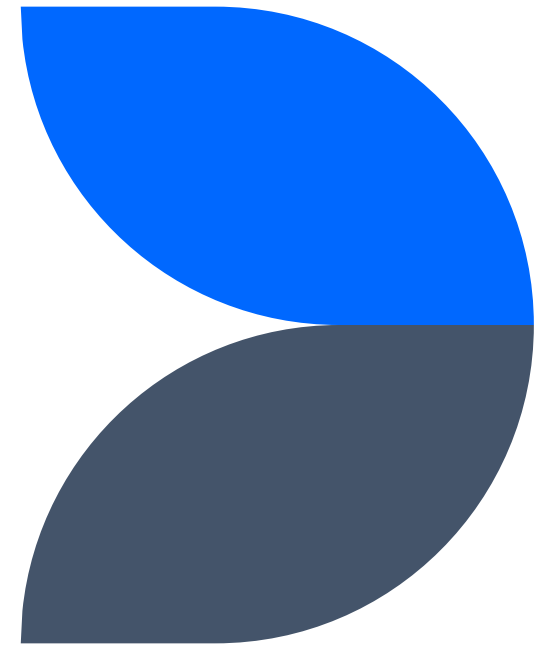
Laura is passionate when it comes to her family, advocacy, Tribal healthcare, community health & prevention efforts, health literacy, relational leadership, and service to others.

Camisha Emarthla is a Community Health worker for the Iowa Tribe of Oklahoma Division of Health, Perkins Family Clinic. She grew up in Perkins, Oklahoma and has also lived in rural parts of Northeastern Oklahoma. Ms. Emarthla has worked in healthcare for 9 years, with previous experience in Pediatrics, Children with Disabilities, and Clinical Management. Ms. Emarthla received her Associates in Arts in Social Science from Northern Oklahoma College, is a certified Nurse Aide, Community Health Worker, certified JVN imager, and certified DPP Lifestyle Coach. Camisha is an enrolled member of the Seneca-Cayuga Tribe of Oklahoma, and a descendant of the Muscogee Creek, Navajo, Wyandotte, and Cherokee Tribes. Ms. Emarthla has experience working on the current SPF-Rx project, educating American Indians on the twelve dimensions of wellness, assisting American Indian patients with coordination of care, and incorporating culture into health outreach events. She works frequently with the Perkins-Tryon Native American Student Association and the Iowa Tribe of Oklahoma Title VI Elders and utilizes those opportunities for health promotion.



Population

- Multiple Tribal Affiliations
- Non-Native
- Elders
- Youth



Current Initiatives

- Safer Sex Kits
 - ❖ SPTHB
 - ❖ 20 Condoms 5 lubricant
- Condom Receptacles
 - ❖ 8 Locations
- Native Test & IWTK
 - ❖ Main Health fair 500+
 - ❖ Hosted 7 Wellness Events 2024
 - ❖ Attended 5 Health Outreach Events 2024



Barriers

- Community, Schools, & Other Programs
 - ❖ Conservative Bias
 - ❖ Lack of Health Literacy
 - ❖ Stigma
 - ❖ Approval Processes



Our Approach

Care

Conversation

Consistency

Compromise



Thank you

Laura Shepherd

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