



# Staff Members

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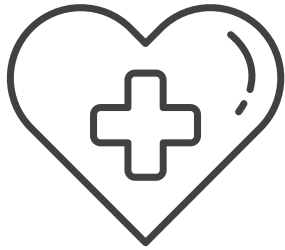
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Health and Social  
Services  
Department

## Community Health Services





## Purpose Statement

The Hopland Tribal Health and Social Services Department's purpose is to assist community members with obtaining quality health and social services to achieve their best physical, psychological, social, and spiritual wellbeing.

## Community Health Services Goal:

Encourage community members to improve upon their health by understanding their health conditions and actively participating in their care:

- Practice health enhancing behaviors (eat a healthy diet, exercise regularly, maintain a sleep schedule)
- Practice preventative health (regular check-ups, screenings, and immunizations)
- Understand your health (know your health conditions and care options)
- Actively participate in your health (co-create and follow your care plan)
- Avoid self-harming behaviors



## Services Available:

- Improve Access (navigation assistance)
- Patient Support (education and advocacy)
- Care Extender (monitoring and follow-up)
- Community Health Promotion
- Community Disease Prevention