May 13, 2013

This e-mail is provided by the Urban Indian Health Institute, a division of the Seattle Indian Health Board. It contains opportunities for staff development, grant announcements and other relevant public health information. We hope you find these resources useful. If you have any questions about the information below, or you are unable to open any of the links, please contact info@uihi.org. If this e-mail was forwarded to you, you may sign up here.

Training

Workshop: Introduction to Motivational Interviewing

The Urban Indian Health Institute (UIHI) is pleased to announce that we will be hosting an Introductory Workshop on Motivational Interviewing (MI) in Seattle, WA on July 10-11, 2013. MI is a non-judgmental, flexible, empathic and supportive intervention in which a provider reflects on the client's awareness of a problem behavior; it can be used to support behavior change in a variety of clinical settings. This workshop will provide participants with:
• The fundamental principles of MI
• Resources for continued development and implementation of MI skills
• The opportunity to practice MI skills

Staff at Urban Indian Health Organizations (UIHOs) are eligible for scholarships to cover travel, lodging and per diem. Scholarships will be offered to the first 15 applicants, limited to one per UIHO. Additional attendees will be admitted as space permits. Registration is required. Please see the registration form for more information. A complete agenda and trainer biography will be available on the UIHI website shortly.

Application Deadline: May 31, 2013
Session Dates: July 10-11, 2013
Location: Seattle, WA

Please complete the registration form and return to Catherine Stockdale. Please contact Catherine Stockdale at (206) 812-3041 with any questions.

Announcement

National Women’s Health Week and Checkup Day

National Women's Health Week (May 12-18, 2013) and National Women's Checkup Day (May 13, 2013) provide communities, stakeholders and health care providers with the opportunity to focus attention on women's mental and physical health concerns. To help women live longer, healthier lives and reduce the risk for certain diseases, providers and communities can promote:

• Regular checkups and preventive screenings
• Physical activity
• Healthy eating
• Improving mental health
• Avoiding risky behaviors (i.e., smoking, not wearing a seatbelt)

Factsheets, events and activity planning resources can be found on the National Women's Health Week webpage of WomensHealth.gov.

The UIHI offers a variety of resources to promote women's health. The Colon and Rectal Education and Screening (C.A.R.E.S) project materials are customized for women's health and promote colon cancer screening and awareness through fact sheets, screening promotion materials and communication material templates that can be modified to fit the needs or your region or population. The WEAVING Project materials also promote women’s health and wellness. These materials seek to increase the number of urban AI/AN women receiving breast and cervical cancer screening services. The WEAVING Project materials include a variety of reports that highlight successful programs and a survey of screening services available at UIHOs and strategies to promote outreach and program development.

Use these resources and empower women to improve their mental and physical health during National Women's Health Week.

Funding Opportunities
**Street Outreach Program Grants**

The Street Outreach Program funds grantees to provide street-based services to runaway, homeless and street youth who have been subjected to, or are at risk of being subjected to, sexual abuse, prostitution or sexual exploitation. These services are designed to assist such youth in making healthy choices regarding where they live and how they behave.

**Award Amount:** Approximately $160,000 per year for up to 3 years  
**Application Deadline:** June 28, 2013

More information about the [Street Outreach Program Grants](#) can be found online.

More reports, resources and other information can be found on the UIHI website, [www.uihi.org](http://www.uihi.org)

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