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:

- Tsuhippep Wapipe (Strong Women) Talking Circle
  Indigenous Wapipe Empowerment
  Zoom Meeting ID: 954 8477 4286
  Passcode: 802290

- David Castleberry
  Healing with Cultural Crafts
  Zoom meeting ID: 843 094 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

- VGRA- 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
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San Diego, CA 92103
(619) 234-2158
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Providing High-Quality Care Services to All

WHO WE ARE

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.
**MEDICAL**

Monday-Friday 8AM-5PM

From periodic check-ups to attentive management of chronic conditions, SDAIH-C’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.

**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.

**WELLNESS & YOUTH**

**WELLNESS PROGRAM:**

**YOUTH, FAMILY & ELDERLY**

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.

**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.

**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 Intercultural 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.

**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 teach 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 participate in being in balance spiritually, mentally, emotionally, and physically.

**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, SDAIH-C 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.