Opioid use disorder and behavioral health services for people who are AI/AN in Northeastern Arizona

BACKGROUND
In Northeastern Arizona, for the American Indian/Alaska Native (AI/AN) population, there are a multitude of healthcare service delivery organizations available to help individuals with opioid use disorder (OUD), including the (a) Indian Health Service, (b) Tribal Healthcare Organizations, and (c) Tribally Operated Health Programs, each with its unique structure and service delivery type. Their services range from clinical treatment and management to prevention-focused health promotion (see Table 1). This quick guide is designed for two purposes: (1) to provide an overview of these healthcare delivery organizations and (2) to help the AI/AN population and individuals serving them living in rural Northeast Arizona (Apache and Navajo County) navigate the different types of resources available for individuals with OUD.

A. INDIAN HEALTH SERVICE (IHS)
The IHS, an agency within the United States Department of Health and Human Services, is responsible for providing federal health services to people who are AI/AN. Its goal is to raise their health status to the highest possible level. The IHS provides a comprehensive health service delivery system for approximately 2.6 million AI/AN people who belong to 574 federally recognized tribes in 37 states, including OUD services. IHS facilities usually have the highest level of in-patient care compared to the other two health service delivery types covered in the next sections.

The IHS is divided into twelve regions, known as areas, throughout the U.S. Each area is comprised of regional tribes with a centrally located area office acting as a headquarters. Three IHS areas operate in Arizona, with two serving the AI/AN population in Northeastern Arizona, the Navajo Area and Phoenix Area. The Navajo Area Office is located in St. Michaels, AZ and the Phoenix Area Office located in Phoenix, AZ. The Navajo Area includes all of the Navajo Reservation, while the Phoenix Area includes Hopi and White River tribes.
U.S. Indian Health Service Sites in Navajo and Apache County:

1. Chinle Comprehensive Health Care Facility
PO Box “PH” | Chinle, AZ 86503
Phone: 928-674-7001
ihs.gov/navajo/healthcarefacilities/chinle/

2. Cibecue Health Center
West Cromwell Road | Cibecue, AZ 85911
Phone 928-332-2560
ihs.gov/phoenix/healthcarefacilities/whiteriver/

3. Dennehotso Health Station
Highway 160 | Dennehotso, AZ 86535

4. Four Corners Regional Health Center
US Hwy 160 & Navajo Route 35 HC 61 Box 30 | Teec Nos Pos, AZ 86514

5. Hopi Health Care Center
PHS Indian Health Services | PO Box 4000 | Polacca, AZ, 86042
Phone: 928-737-6000
ihs.gov/phoenix/healthcarefacilities/hopi/

6. Inscription House Health Center
PO Box 7397 | Shonto, AZ 86054
Phone: 928-672-3000
ihs.gov/navajo/healthcarefacilities/inscriptionhouse/

7. Kayenta Health Center
P.O. Box 368 | Kayent, AZ 86033
Phone:

8. Pinon Health Center
Navajo Route 4 (2 miles East of Pinon) | Pinon, AZ 86510
Phone: 928-725-9500
ihs.gov/navajo/healthcarefacilities/pinon/

9. Rock Point Field Clinic
Rock Point, AZ

10. Tsaile Health Center
PO Box C21 | Tsaile, AZ 86556
Phone: 928-724-3600
ihs.gov/navajo/healthcarefacilities/tsaile/

11. White River Indian Hospital
200 W. Hospital Drive | Whiteriver, AZ, 85941
Phone: 928-338-4911
ihs.gov/phoenix/healthcarefacilities/whiteriver/

Suggested citation: Clichee D. Opioid use disorder and behavioral health services for people who are AI/AN in Northeastern Arizona. University of Arizona, Center for Rural Health, 2022.
B. TRIBAL OPERATED HEALTHCARE ORGANIZATIONS (PL-638 SITE)

Another type of health service model is the Tribally Operated Healthcare model, also known as a PL-93-638 organization. Through the Indian Self-Determination and Education Assistance Act (ISDEAA), tribal organizations are authorized to contract with the federal government to administer and operate certain programs for tribal members, like education and health services. So, PL-93-638 facilities are operated by tribally approved non-profit organizations with a local board of directors. These organizations provide healthcare services that IHS would otherwise provide.

Tribal Operated Healthcare Organizations Sites:

1. Dilkon Health Clinic
   Navajo Route 60 | Dilkon, AZ 86047

2. LeChee Health Facility
   PO Box 4810 | Page, AZ 86040
   Phone: 928-698-4900
   https://tchealth.org/lechee/index.html

3. Nahat’aDziil Health Center
   Chih Toh Boulevard | Sanders, AZ 86512
   Phone: 928-688-5600
   https://www.fdihb.org/nahatadzil

4. Sacred Peaks Health Center
   6300 North Highway 89 | Flagstaff, AZ 86004
   Phone: 1-866-976-5941
   https://tchealth.org/sacredpeaks/index.html

5. Sage Memorial Hospital
   US Route 191 & State Route 264 | Ganado, AZ 86505
   Phone: 928-755-4500
   https://sagememorial.com/

6. Sanders Health Clinic
   Post Office Box 489 | Sanders, AZ 86512

7. St. Michael’s Health Clinic
   Post Office Box 370 | St. Michaels, AZ 86511

8. Tsehootsooi Medical Center
   Corner of Navajo Routes 7 & 12 | Fort Defiance, AZ 86504
   Phone: 928-729-8000
   www.fdihb.org

9. Tuba City Regional Health Care Corporation
   167 North Main Street | Tuba City, AZ 86045
   Phone: 1-866-976-5941
   https://tchealth.org/

10. Winslow Indian Health Care Center, Inc.
    500 North Indiana Avenue | Winslow, AZ 86704
    Phone: 928-289-4646
    https://www.wihcc.com/
C. TRIBAL OPERATED DEPARTMENTS OF HEALTH

A separate but equally important group of healthcare organizations are tribe’s respective departments of health. Structured according to each tribes needs and funding sources, tribal departments of health work primarily in the prevention and health promotion areas, relying on IHS or PL-93-638 organizations for intensive in-patient treatments. Typically, health departments do not operate or have hospital structures. However, depending on the tribe, some employ acute care providers, in-patient behavioral health treatment programs, and licensed clinical psychologists.

Hopi Department of Behavioral Health Services
The Hopi Department of Behavioral Health Services provides counseling services for individuals and families experiencing psychological and social difficulties utilizing a multidisciplinary team approach. The services within the Department include a mental health program, substance use disorder program, family/child mental health program, and the “I’m for Life” Grant Program (Substance Abuse and Mental Health Services Administration - Native Connections Grant).

- Hopi Department of Behavioral Health Services: hopi-nsn.gov/department-behavioral-health-services/

Navajo Department of Health
The Navajo Department of Health is committed to the health and well-being of the Navajo People. The Department has 14 separate programs funded by various agencies. The Department of Health delivers a variety of health services in the areas of nutrition, aging, substance use disorder, outreach, and emergency medical services, working in close partnership with state, federal, and local partners.

Division of Behavioral & Mental Health Services

- The Navajo Nation Department of Behavioral and Mental Health Services (DBMHS) coordinates and develops quality culturally-responsive behavioral treatment services across the Navajo Nation. It specializes in comprehensive alcohol and substance use prevention, education, treatment, and after-care services.

White Mountain Apache Behavioral Health Services (WMABHS)
Services at WMABHS are available at low or no cost to members of the White Mountain Apache Tribe and those living on the Fort Apache Reservation. WMABHS has multiple locations on the Fort Apache Reservation. It offers credentialed clinical staff to work with individuals, groups, and families. WMABHS offers resources, treatment, and healing for the whole person: mental, emotional, and social.

- White Mountain Apache Behavioral Health Services Website: https://www.wmabhs.org/services
# TABLE 1. SERVICES BY HEALTHCARE DELIVERY SERVICE ORGANIZATION.*

<table>
<thead>
<tr>
<th>Types of Healthcare Organizations</th>
<th>Clinical Providers (M.D.s, D.O.s, N.P.s, etc.)</th>
<th>OUD Medication Assisted Treatment (MAT Services)</th>
<th>Community Prevention Programs (SUD/OUD Outreach Services)</th>
<th>In-patient clinical SUD/OUD Services</th>
<th>Outpatient clinical SUD/OUD Services</th>
<th>Peer Support Programs</th>
<th>AA, Group Therapy</th>
<th>Residential Substance Use Care</th>
<th>Traditional/Cultural Based Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indian Health Service Facilities</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Tribal Healthcare Organizations (PL-638)</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Hopi Department of Health</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Navajo Department of Health</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>White Mountain Apache Behavioral Health Services</td>
<td>X</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

*All information was taken from respective websites prior to 8/31/2022. Contact information can be found listed by each organization throughout the guide. Acronyms: AA = Alcoholics Anonymous, DO = Doctor of Osteopathic Medicine, MAT= medication assisted treatment, MD = Medical Doctor, NP = Nurse Practitioner, OUD = Opioid Use Disorder, SUD = Substance Use Disorder

A map of these and other health care facilities is available here: https://crh.arizona.edu/sites/default/files/2022-08/20220817_RuralSafetyNetMap.pdf

Disclaimer:
This resource guide was supported by the Centers for Disease Control and Prevention, grant number CDC-RFA-CE19-1904. Its contents are solely the responsibility of the authors and the Arizona Center for Rural Health and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

References: