

# ALL ABOUT BHAS

A BEHAVIORAL HEALTH AIDE (BHA) IS A FEDERALLY CERTIFIED COUNSELOR, HEALTH EDUCATOR, AND ADVOCATE. BHA'S HELP ADDRESS INDIVIDUAL AND COMMUNITY-BASED BEHAVIORAL HEALTH NEEDS, INCLUDING THOSE RELATED TO ALCOHOL, DRUG, AND TOBACCO ABUSE AS WELL AS MENTAL HEALTH PROBLEMS SUCH AS GRIEF, DEPRESSION, SUICIDE, AND RELATED ISSUES.

## WHAT IS A BHA?

BHA'S ARE A HOMEGROWN COLLECTIVE ESTABLISHED TO SUPPORT THEIR COMMUNITIES THROUGH HEALING, COUNSELING, AND INCORPORATING TRADITIONAL KNOWLEDGE INTO PRACTICE.

## WHO CAN HIRE A BHA?

IN 2018, THROUGH THE INDIAN HEALTH CARE IMPROVEMENT ACT, CHAP WAS NATIONALIZED LEGALLY ALLOWING LOCAL TRIBES, TRIBAL ORGANIZATIONS, AND TRIBAL HEALTH CARE SYSTEMS TO EMPLOY PROVIDERS TO BETTER SERVE THEIR COMMUNITIES NEEDS BY INCREASING ACCESS TO HOLISTIC CARE.

## EDUCATION PROGRAMS AVAILABLE

(ONLINE OPTION)

**NORTHWEST INDIAN COLLEGE**, BELLINGHAM, WASHINGTON OFFERS A BHA TRAINING PROGRAM: FOR MORE INFORMATION, PLEASE VISIT THEIR WEBSITE AT [HTTPS://WWW.NWIC.EDU](https://www.nwic.edu)

(IN PERSON OPTION)

**HERITAGE UNIVERSITY**, TOPPENISH, WASHINGTON OFFERS A BHA TRAINING PROGRAM: FOR MORE INFORMATION, PLEASE VISIT THEIR WEBSITE AT [HTTPS://HERITAGE.EDU](https://heritage.edu)

## WHAT BHA'S CAN DO FOR THE TRIBAL COMMUNITY

- PROVIDE COMMUNITY HEALTH SCREENINGS AND ASSESSMENTS: GATHERING INFORMATION USING APPROPRIATE SCREENING TOOLS AND FORMS; ASSESS AND IDENTIFY CLIENT NEEDS
- PROVIDE HEALTH EDUCATION: PARENTING CLASSES; PREVENTION TOPICS SUCH AS VIOLENCE, ALCOHOL AND DRUG, BULLYING; MANAGING STRESS; MENTAL HEALTH PROMOTION AND CONSCIOUS DISCIPLINE SUCH AS NATIVE STAND, WELLBRIETY, AND 49 DAYS OF CEREMONY
- COMMUNITY PREVENTION ACTIVITIES: SOBRIETY POW WOWS, COMMUNITY POTLUCKS, COMMUNITY SMUDGE, RECOGNITION WALKS SUCH AS MMIW AND SUICIDE AWARENESS; AND COMMUNITY PARADES AND CULTURE CLASSES
- CASE MANAGEMENT AND REFERRALS: ADDRESS RESOURCE NEEDS TO BE MET; WORK WITH INTEGRATED CARE TEAM; AND PROVIDE A SERVICE LINK AND REFERRALS TO MEET UNMET NEEDS OR EXPANDED CARE
- EARLY INTERVENTION, CRISIS INTERVENTION AND POSTVENTION

