

Welcome to the Redding Rancheria Tribal Health Center

The Redding Rancheria Tribal Health Center was established in 1991. We are a State of the Art ambulatory health care center offering high quality health care to the American Indian communities of the western two-thirds of Shasta County and all of Trinity County.

Services include comprehensive medical, pharmacy, behavioral health, dental, lab, nutritional services, community health, diabetes, podiatry, orthopedics and transportation.

In addition to clinical services, the Redding Rancheria Tribal Health Center offers a wide range of special events throughout the year, which focus on health promotion and disease prevention strategies including a health fair, senior focus group, talking circle, cooking classes, youth classes, smoking cessation and more.

MISSION STATEMENT

The mission of the Redding Rancheria Tribal Health Center is to develop and provide responsive, cost effective, high quality health care services that meet the needs of the Redding Rancheria Tribal members and other Native American Indians residing in our service area.

We are committed to excellent care, a compassionate, respectful attitude and full involvement of the patient and family in health care decisions.

OTHER SERVICES AVAILABLE

Other services provided at either the Health Center or at the Redding Rancheria Tribal Office include senior nutrition, Indian child welfare, energy and housing assistance, and traditional healing.

For more information, please call the Redding Rancheria Tribal Office at

530-225-8979



GENERAL INFORMATION

RRTHC HOURS

Monday through Friday
7:30 a.m. to 6:00 p.m.
(Unless otherwise posted)

MEDICAL RECEPTION/APPOINTMENTS

530-226-1703 or 1705

DENTAL APPOINTMENTS

530-226-1750

BEHAVIORAL HEALTH APPOINTMENTS

530-226-1741

PHARMACY HOURS:

Monday thru Friday
8:30 a.m. to 5:30 p.m.
(Unless otherwise posted)

PHARMACY REFILL LINE

530-224-2716



Redding Rancheria Tribal Health Center



**1441 Liberty Street
Redding, CA 96001**

530-224-2700

Toll free: 1-800-378-2700
Main Fax: 530-224-2738
www.Redding-Rancheria.com



ELIGIBILITY

Appointments are scheduled with the registration department on a daily basis. At the time of the appointment, it is the responsibility of the patient to supply RRTHC with all required documentation including the following: Native American verification, proof of physical address, birth certificate, social security card, driver's license and proof of an alternate resource.

You will not be seen by any provider until you have completed the registration process.

ADMISSIONS AND RECORDS

Before a patient can be seen for any medical, behavioral health or dental appointment, they are required to update their information and their alternate resource status. If a patient does not have an alternate resource, the patient will have 45 days to provide one or they will be placed on the ineligible list. Once the patient has provided all required documentation they are eligible for health care services. Staff is available by appointment to assist patients with Medi-Cal applications, Medicare and other insurance needs. The patient is responsible to ensure all forms are completed and sent to the appropriate agency.

BEHAVIORAL HEALTH

The Behavioral Health Department provides counseling for children, adults, and families addressing a variety of areas including depression, anxiety, anger, stress, marital problems and substance abuse. The department includes one Psychologist, Licensed Clinical Social Workers, Licensed Family and Marriage Therapists, Behavioral Health Interns, one Substance Abuse Counselor, and a specialty provider for psychiatry.

ADVANCED DIRECTIVES

We also offer services to help patients complete an advanced directive and an on-site notary public. Appointments are strongly suggested for both of these services.

COMMUNITY HEALTH

Diabetes is a major health problem for Native American people. Through making healthy lifestyle changes and following medication recommendations, blood sugars can be controlled and complications can be postponed or even prevented. The Diabetic Department has received national recognition for excellence. They offer a variety of programs including the Healthy Heart Program to help patients meet the goals.

OUTREACH DEPARTMENT

The Community Health Representatives (CHR's) work closely with the RRTHC providers, families and local community services to monitor health maintenance. CHR professionals including our Community Health Nurse, visit patients in their home to provide basic health assessments, to monitor patients with basic healthcare needs, and to assist patients recovering from certain procedures. Emphasis is placed on the needs of the elderly, the homebound and those patients referred to the CHR staff by our healthcare providers.

TRANSPORTATION

Patient transportation is available to patients who have a scheduled appointment to use the RRTHC services or who have a RRTHC referral to another local healthcare provider. Transportation is available for those patients that have no other way of getting to their appointments. Transportation is not available for out-of-town appointments. A **72 hour** notice is required to receive transportation services.

DENTAL

The RRTHC dental staff strive to provide access to efficient, high quality dental care. We have a full dental staff including three dentists, hygienists and dental assistants. Dental services include exams, cleanings, periodontal treatments, fillings, extractions, sealants and denture repair.

Purchased Referred Care

The Purchased Referred Care (PRC) Department has funds that can be used to provide services not available at the center to eligible Federally Recognized California Indians living in the designated service area. These services may include emergency room visits and other specialty visits that may be necessary for patient health care. A RRTHC provider must complete a referral form and prior authorization must be obtained before the appointment with all outside providers or the patient will be responsible for payment.

MEDICAL DEPARTMENT

Redding Rancheria offers the best care in the North state. Our providers include a skilled team of Medical and Osteopathic Physicians, Nurse Practitioners, Physician Assistants, Registered Nurses and Medical Assistants. We offer full spectrum family practice from newborns to the elderly. We provide Adult medical exams, prenatal care, women's health, men's health, family planning, diabetic care, podiatry care, Child Health and Wellness exams (Child Health and Disability Program), Immunizations. We have on site Behavioral Health Services, individual and group counseling. We have On site pharmacy, laboratory services.

All RRTHC physicians are Board Certified.

PHARMACY

The pharmacy provides safe, effective and economical drug therapy. We also assure patients understand their medications and how to use them. There is always a pharmacist available for consultations especially if you are receiving a new medication. We accept most major insurance plans including many Medicare D Plans.

**Just a reminder...
We now have an on-site lab
available for your laboratory needs.
They are located on the second floor.**