



**INDIAN HEALTH
COUNCIL, INC.**
EMPOWERING NATIVE WELLNESS

Indian Health Council (IHC) provides on-site and virtual wellness services to 9 reservations in North San Diego County. Nivati works with IHC to provide wellness services to their patients of all ages.

Why Nivati?

IHC previously had standard EAP for years with low utilization and difficulty in scheduling with providers for those who did use it. Nivati takes a comprehensive approach to wellness and mental health the IHC community needed.

The Results

After 2 months with Nivati, IHC achieved 19% enrollment (compared to EAP standard of 3-4%), had 15 sessions booked with professionals and were engaging with the video content.

Tailored Support

We planned two crisis response sessions after one of their patients committed suicide. We got these planned and executed within 24 hours, and their patients and staff greatly appreciated it.

“I was on for the 1st 15 minutes [of the Crisis Response session] but then had to jump off for a meeting. Our CEO stayed on the entire time and was extremely grateful for the support. Again, thank you for the quick response! Even though I was only on a short period of time yesterday with Tricia [counselor], it was still impactful.”



Natasha Siva

Director of Human Resources
Indian Health Council