

 **NISQUALLY INDIAN TRIBE**

TRADITIONAL FOODS & PLANTS

**NISQUALLY TRIBAL HEALTH & WELLNESS CENTER (NTHWC)
NISQUALLY COMMUNITY GARDEN PROGRAM**



MEET OUR TEAM



AMBER ARNDT **HEALTH PLANNER**

Nisqually descendant. Has worked for Nisqually for over 6 years. Earned her BS in Exercise Science in 2010 and MPH in 2015. Oversees collaboration with state and other agencies, project planning, and has been passionate about bringing special programs to life such as traditional healing and medicines. Hy'shqe



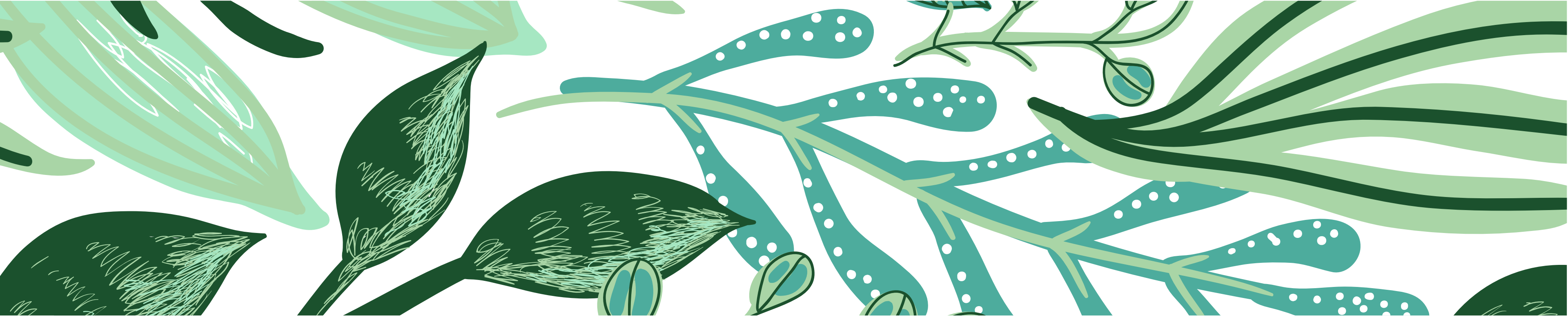
CHANTAY ANDERSON **GARDEN MANAGER**

Enrolled Nisqually Tribal Member and the Project Supervisor at Nisqually Community Garden. BA-BS from Evergreen State College. In my time here at the garden, food sovereignty has become a mission of mine as I have been working on renovating a new site for garden expansion. A place where we can restore our teachings on the importance of native medicines and food preservation.



ADRIANNA VASQUEZ **TRADITIONAL MEDICINE** **COORDINATOR**

Dxʔal Gəlaapu siʔiʔab dʔiiSəd Adrianna Villegas tsi dsdaʔ tul' ʔal čəd dxwsqwaliʔabš. bədəʔ čəd Angela Villegas yəxw ti Adrian Villegas. ʔibac čəd ʔə tsi Delores “Babe” Hicks yəxw ti Angel Rosario. As the Traditional Medicines Program Coordinator, it is my honor to protect and defend our “Plantcestors”. I was called to serve my Nisqually people and our community.



KEY AREAS OF FOCUS

PARTNERSHIPS

WEAVE-NW
NW Food Sovereignty
Coalition

SERVICES

NTHWC
Garden

OUTREACH

Collaboration with
Culture, Language, and
other internal programs
to bring medicines to the
community

FUTURE

Continued efforts with the
state to make traditional
healing and related
services billable. MORE
access to traditional
medicines and foods!!



NTHWC



TRADITIONAL HEALING

Began in 2007 with one Healer; has since grown to include 5-7 Healers



HERBALIST

Patients can schedule 1:1 sessions with the Herbalist in the clinic



TRADITIONAL MEDICINES

Provided free at Traditional Healing appointments and outreach activities.



REFERRALS & COORDINATED CARE

Within the clinic, medical and behavioral health providers can refer patients to Traditional Healing and Herbalist

Our Traditional Healers and Herbalist are under annual contract agreements with the NTHWC. They come with their own unique training and experience. They do 1:1 visits for a variety of services such as spiritual healing, art therapy, meditation, ceremonial healings, and more. Services are paid out of Tribal supplemental dollars and sometimes include grant support, as available. Appointments are scheduled and documented in EHR.

“ THE NATIVE HEALERS HAVE BEEN ABLE TO PROVIDE ME WITH DIRECTION, COURAGE, AND CONFIDENCE WITH THE WORK THEY DO. THEY HAVE ALSO BEEN ABLE TO GIVE ME GUIDANCE ON HOW TO TAKE CARE OF MYSELF ”

HOW DOES IT WORK IN THE CLINIC?



HOW DOES IT WORK IN THE CLINIC?



Our Pharmacist worked with our Healers and a contract herbalist as we began the Traditional Medicine program in 2018. We added this service based on community survey feedback. We offer a daily herbal tea tasting in the Traditional Healing waiting room. We make teas, vinegars, syrups, salves, and sprays. We collaborate with the diabetes program, tobacco cessation, and others to be able to offer medicines as a bridge with our western medicine services.

Our medical and behavioral health providers are educated about these services in order to have the opportunity to better serve our patients in a culturally appropriate way.



COMMUNITY GARDEN



PROPERTY

Established in 2009, tends over 5 acres of garden, traditional plants, and fruit trees at first location.



EXPANSION

Added a second 7 acre property in 2020. Expanding garden, traditional plants, and more.



FOOD SOVEREIGNTY

In collaboration with NTHWC, we conducted a Food Sovereignty Assessment in 2017. Ongoing efforts to strengthen our food sovereignty programming as a Tribe.



GARDEN PROGRAM



We provide seasonal garden boxes and medicines to our Elders, which are delivered to the Elders homes living on the reservation or they are picked up at the Elders Center. We operate a seasonal garden stand that is open to the community.

We offer volunteer opportunities, on-the-job training, garden consultation, and love to teach classes and workshops!

OUR MEDICINE GARDEN INCLUDES MARSHMALLOW, WORM WOOD, YARROW, CALENDULA, PLAINTAIN, ELECAMPANE, AND OTHER NATIVE PLANTS!





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THANK YOU

