

Resources by Tribe – 2025

Resources on this list were compiled in 2025 and availability of listed services may have changed after this date. Services are continually being added so reach out to the Tribal entity if you do not see the service or program you are looking for on this list.

*If a client is discharging to a location on or near a Reservation that is not their own, contact that Tribe for services that may still be available to the client based on their own Tribal enrollment or descendency.

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Federally Recognized Tribes in Washington State

Colville Confederated Tribes

www.colvilletribes.com

Area Agency on Aging 509-634-2826: Services provided to elders focused on Nutritional Programming, Access Services, Resource and Legal Services, Senior Employment Training, Family Caregiver Support, Kinship Caregiver Support, and Case Management. For more information, visit: <https://www.cct-hhs.com/area-agency-on-aging>

Behavioral Health Crisis Line 509-634-2610: Call the 24/7 crisis line for mental health resources or to connect to a mental health counselor.

Behavioral Health Program 509-634-2610: Services provided include Mental Health counseling and individual and family therapy, Substance Use Services and groups, Intensive Outpatient Substance Use Treatment, and Crisis Services for mental health and chemical dependency needs. For more information, visit: <https://www.cct-hhs.com/aboutbhp>

Career Counseling 509-634-2674: Part of the Higher Education Department, Career Counseling services assists in planning and identifying factors influencing individual career development while obtaining and using resources to improve career and education outcomes. For more information, visit: <https://www.cct-ene.com/career-counselor>

Children and Family Services 509-634-2637: Provides a wide range of services for children from birth to 18 years of age (up to age 21 for special needs children). For more information and services visit: <https://www.cct-hhs.com/children-and-family-services>

Convalescent Center 509-634-2878: Provides residents of the 44-bed skilled long-term care facility and their families with professional, compassionate services in recognition of the emotional, social, and spiritual needs of each resident in a home-like atmosphere that enhances their quality of life. For more information, visit: <https://www.cct-hhs.com/convalescent-center>

Diabetes Prevention and Management 509-634-2970: Provides the highest quality, culturally competent health education services to each community in a collaborative manner which promotes a safe and healthy environment. The program focuses on providing preventative education tools for people through advocacy of healthy lifestyles that honor mind, body and spirit. For more information, visit: <https://www.cct-hhs.com/diabetes>

Enrollment Office 509-634-2830: The Colville Tribal Enrollment Office processes enrollment applications for membership and descendency in the Colville Tribes. It also provides proof of enrollment and issues IDs and Enhanced IDs as well as provides Wake & Burial financial aid and processes all Tribal disbursements. The office is responsible for all data pertaining to the enrollment of a person into the Tribe. For more information, visit: <https://www.colvilletribes.com/enrollment>

Employment and Training Program: Provides a more comprehensive service to Tribal Members by providing employment and/or individualized training or education plans to meet their goal. Find the regional contacts below to participate in this program. For more information, visit: <https://www.colvilletribes.com/employment-training>

Nespelem:	509-634-2290
Omak:	509-422-7474
Inchelium:	509-722-7069
Keller:	509-634-7302

Head Start Program: A community program involved in improving the quality of life for children and families, Head Start advocates through partnerships and individualized educational opportunities that strengthen and preserve the child, their family and community, while maintaining respect for tradition, culture, and heritage. Please find the regional contacts below for participation in this program. For more information, visit: <https://www.cct-ene.com/headstart/>

<u>Nespelem:</u>	509-634-2278 or 509-634-2403
<u>Omak:</u>	509-422-7444 or 509-422-7507 or 509-422-7792
<u>Inchelium:</u>	509-722-7025 or 509-722-7087
<u>Keller:</u>	509-634-7318

Low-Income Home Energy Assistance Program (LIHEAP) 509-634-2769: Provides energy assistance to Tribal households, LIHEAP also provides water bill assistance to Tribal households. To apply, you must be low-income eligible and have an enrolled Tribal member over the age of 16 (any Federally recognized Tribe) living in your home on or within a 15-mile radius of the Colville Reservation. For more information, visit: <https://www.cct-hhs.com/liheap>

Social Services: Provides many resources regarding safety, financial security, and social health of our Indian people through Adult Protective Services of elder and vulnerable adults, Individuals Indian Monies Accounts, High School Seniors Expense Accounts, Transitioning Services, and Victims Advocacy. Please contact the regional office listed below. For more information, visit: <https://www.cct-hhs.com/social-services>

Nespelem (Main Office): 509-634-2397

Inchelium: 509-722-7023

Temporary Assistance for Needy Families (TANF) 509-634-2290: Provides support to families becoming self-reliant through education, employment, trainings and involvement in other aspects of this program. For more information, visit: <https://www.cct-ene.com/tanf>

Vocational Rehabilitation 509-634-2733: Provides culturally appropriate Vocational Rehabilitation services to Native Americans with disabilities who have a functional limitation and need aid maintaining, obtaining and regaining employment. For more information, visit: <https://www.colvilletribes.com/vocational-rehabilitation>

Women Infant and Children Nutrition Program (WIC) 509-634-2391: Provides nutrition education and support, supplemental foods, health and social service referrals and breastfeeding support during critical times of growth and development to improve health and achieve positive health outcomes. For more information, visit: <https://www.cct-hhs.com/wic>

Youth Development Program: Provides services to improve attendance and promote positive lifestyles among Native American school-age students by improving educational and extracurricular activities to provide a higher probability of generational success. Find regional contacts below for participation in this program. For more information, visit: <https://www.colvilletribes.com/youth-development>

Nespelem: 509-634-2476
Omak: 509-634-2476
Inchelium: Phone number is not available. Address: 2 Hornet Ave.
Inchelium, WA., 99138
Keller: 509-634-2584

Confederated Tribes of the Chehalis Reservation

www.chehalis tribe.org

Caring For Each Other House 360-709-1677: Services are open to victims of any crime and at any point in life. It is a place for healing activities that include yoga for trauma healing, body/mind movement classes for adults and children, traditional dance classes and cultural activities such as weaving, beading, gardening and cooking For more information, visit: <https://www.chehalis tribe.org/departments/behavioral-health/caring-for-each-other-house/>

Community Center 360-273-5911: The Confederated Tribes of the Chehalis Reservation's Community Center provides services for youth including coordinated activities, resources for Christmas and back-to-school needs, Summer Youth Programs, Driver's Education, as well as Youth Tournament and Sporting activity resources. Adults can apply for Funeral Expense and Travel assistance. For more information, visit: <https://www.chehalis tribe.org/departments/community-center/>

Early Learning Programs 360-273-5514: Programs include: Head Start, Early Head Start and Child Care and are committed to providing comprehensive services including health, family resources and referral services, developmentally appropriate educational opportunities, parent education and a positive support system for the entire family. For more information, visit: <https://www.chehalis tribe.org/departments/education-and-development/>

Enrollment Services: All Tribes set their own criteria for enrollment. For more information, contact the front desk at: 360-273-5911.

Probation Services 360-709-1606: Chehalis Tribal Law Enforcement operates a comprehensive probation program aimed at reducing recidivism among court involved Native Americans. This program provides support for all Native Americans under the supervision of the Chehalis Tribal Court. The program ensures compliance with terms of court-ordered supervision and accountability for defendants. For more information, visit:

<https://www.chehalis-tribe.org/departments/court/probation-services/>

Social Services 360-273-5911: The Social Services Department provides the following services for enrolled Tribal members: Indian Child Welfare (ICW), Adult Protective Services of Vulnerable Persons, In-Home Assistance Program (for home-bound Tribal members), Family Services Program, Independent Living Skills Program, Foster Care Program, Emergency Assistance Funding, Elders Program. Please contact the service using the respective number below. Or, for more information, visit:

<https://www.chehalis-tribe.org/social-services/>

Administrative Assistant/Foster Care Licenser:	360-709-1632
Family Services Coordinator:	360-709-1750
ICW Social Worker:	360-709-0428
APS/Vulnerable Persons:	360-709-1745
Elders Coordinator:	360-709-1877
Social Services Director:	360-709-1754

Suicide Prevention & Awareness Program (R.E.D. R.o.A.D) 360-709-1683: Redefining Educational Development: Reorganization of Ancestral Devotion (R.E.D. R.o.A.D) is a program seeking to empower the community toward a healthy lifestyle, and aid in the opportunity for growth and self-discovery in a safe, supportive, and therapeutic environment. R.E.D. R.o.A.D seeks to bring awareness through educational programs including suicide prevention, healthy living through traditional plant medicine, life skills, and self-esteem building. For more information, visit:

<https://www.chehalis-tribe.org/departments/suicide-prevention-awareness/>

Tsapowum Behavioral Health Center 360-709-1733: Services provided at this center include Substance Use Treatment, Individual and Family Therapy, Mental Health Counseling, Prevention Services, Domestic Violence Advocacy, Offender Reentry Programs, Relational Life Skills Program, and Medication Assisted Therapy. For more information, visit:

<https://www.chehalis-tribe.org/departments/behavioral-health/>

Wellness Center 360-273-5504: The Wellness Center is a full-service family practice clinic that provides Medical, Dental, Behavioral Health, Substance Abuse Programs, Purchased/Referred Care (PRC), Pharmacy, Diabetes Counseling, Women Infant and Children Nutritional Services (WIC), Community Health Services, Pediatrics, Podiatry, Mobile Mammography, and Urgent Care (M-F) services to enrolled Tribal members and their descendants. For more information, visit: <https://www.chahalistribe.org/departments/wellness-center/>

Confederated Tribes of the Yakama Nation

www.yakama.com

Programs & Services

509-865-5121 – Use the extension below listed by service or program.

Alcohol Treatment Program (ext. 4455): Community and Youth Programs promotes quality of life in the community through providing treatment and related services for alcohol abuse. For more information, visit: <https://yakama.com/programs/>

Behavioral Health Services (ext. 7633): Trauma Informed Support Services Program, Victim Resource Program, Domestic Violent Perpetrator Program and Moral Reconciliation Therapy (MRT Services), Advocacy and Support Services, Suicide Prevention Training, Crisis Management, Intervention Services, Postvention Services, Wellness and Historical Trauma Training and Counseling, and Anger Management. For more information, visit: <https://yakama.com/programs/behavioral-health/>

Community Health (ext. 4467): Health Promotion and Prevention Program, Purchases/Referrals Care for Referrals, Screening, Assessments, Follow-ups, and Monitoring other essential and direct services. For more information, visit: <https://yakama.com/programs/community-health-representative-program/>

Enrollment Services: All Tribes set their own criteria for enrollment. For more information, contact the main agency offices at: 509-865-5121.

Food Distribution Program (ext. 4535): Provides USDA grant commodity foods and energy assistance to households in need. For more information, visit: <https://yakama.com/programs/>

Higher Education Program (ext. 4509): Provides eligible Tribal members with the opportunity to attend college and earn a post-secondary education to improve employment and enhance the Yakama Nation workforce. For more information, visit: <https://yakama.com/programs/higher-education-program/>

Nak Nu We Sha Program (ext. 6800): Prevents of the disintegration of Yakama families through early intervention and remediation services. For more information, visit: <https://yakama.com/programs/nak-nu-we-sha/>

Probation Services (ext. 4570): Provides rehabilitation for court ordered criminal offenders by using a collaborative team approach and an variety of community resources. For more information, visit: <https://yakama.com/programs/probation-services/>

Tribal Nutrition Program (ext. 0621 or 0332): Provides healthy and culturally appropriate food and physical activity choices. For more information, visit: <https://yakama.com/programs/tribal-nutrition-program/>

Victim Resource Program 509-865-2266: Supports and identifies the needs of victims of crime and the Yakama Nation community through a comprehensive approach that integrates mental health to address historical and interpersonal trauma. For more information, visit: https://www.yakama.com/wp-content/uploads/2021/10/victim_resource_program_info.pdf

Wak'ishwi Program (ext. 6757): Promotes and provides physical activity to encourage all levels of fitness in the community. Provides education on prevention and management of diabetes in a culturally sensitive environment. For more information, visit: <https://yakama.com/programs/wakishwi/>

White Swan Clinic and Ambulance 509-874-2979: Offers general pre-hospital healthcare by a licensed Physician Assistant 5 days a week. Also provides 24-hour pre-hospital healthcare by Washington State EMTs to sick and injured. Third party re-imbursement has been implemented for services. For more information, visit: <https://yakama.com/programs/white-swan-ambulance-and-health-clinic/>

Women, Infant, and Children (WIC) Program 509-865-2102 ext.

0353: Provides nutrition education and support, supplemental foods, health and social service referrals and breastfeeding support during critical times of growth and development to improve health and achieve positive health outcomes. For more information, visit: <https://yakama.com/programs/women-infants-and-children/>

Yakama Indian Health Service (Main Clinic - 509-865-2102: Provides Family Practice, Dental, Pharmacy, Optometry, and Ancillary Services (Laboratory, Radiology, Public Health Nursing) to IHS eligible Tribal members of the Yakama Nation and other federally enrolled Tribal members residing in the Contract Health Service Delivery Area (CHSDA). For more information, visit: <https://www.ihs.gov/Portland/healthcarefacilities/yakama/>

Cowlitz Tribe

www.cowlitz.org

Behavioral Health Programs: The Cowlitz Tribe operates many Behavioral Health Programs across the Western Washington including Comprehensive Diagnostic Assessments for Behavioral Health Disorders, Co-Occurring Services for individuals with Dual Diagnoses, Individual, Group, and Family therapies, Behavioral Health Support and Prevention Program, Parenting Support Services, and Medication Management Services. For more information, visit: <https://www.cowlitz.org/behavioral-health>

People enrolled in a Federally Recognized Tribe, who are first-generation and second-generation descendants of those Tribal members, or are self-attesting Natives, and employees of the Cowlitz Tribe and their families are eligible for participation in the above services. Please reach out to a regional clinic below:

Dupont, WA:	360-946-2455
Longview, WA:	360-353-9422
Tukwila, WA:	206-721-5170
Vancouver, WA:	360-397-8228

Childcare and Development Program 360-353-9909: Provides childcare assistance to enrolled Native American and Alaska Native families. CCDP values family, culture, quality resources, and ethics. We take pride in the services offered and the work we do. For more information, visit:

<https://www.cowlitz.org/child-care-development-program>

Community Wellness Garden 360-295-1570: This program grows and offers produce to all Cowlitz Tribal Members, Native Elders, and Native Households experiencing food insecurity. Produce is distributed in Longview, Tacoma, Vancouver, Ridgefield, and Toledo. This program also offers events focused on cooking, food preservation, and gardening. For more information, visit: <https://www.cowlitz.org/wellness-garden>

Cowlitz Tribal Longview Medical Clinic 360-575-8275: Services offered at the Medical Clinic include: Physical Examinations, Family Planning, Well Child Exams, Immunizations, Women's Health, Lab Services, Medication Management Services, Health Education, Nutrition Counseling, Chronic Disease Management and Prevention Programs, Diabetes Screening and Management, and Tobacco Cessation Counseling. For more information, visit: <https://www.cowlitz.org/medical>

Elders Program 360-864-7006 or 360-600-4552: We work hand in hand with our intertribal departments to bring wellness into our elders' lives and provide culturally relevant activities to our Elders and Tribe. Note: You must be an enrolled Cowlitz Elder to be eligible for services. For more information on services available visit: <https://www.cowlitz.org/elders-program>

Employment Support Services 360-575-3318: Provides holistic and culturally responsive services to American Indians and Alaska Natives through guided pathways to housing, education, employment, careers, and self-sufficiency within all directions of their lives. For more information on services available visit: <https://www.cowlitz.org/employment-support>

Enrollment Department 360-577-8140 option 3: Provides support and coordination of services for our Cowlitz Indian Tribal Members. Cowlitz Indian Tribal Enrollment Criteria: Applicant must be a direct lineal descendant of a Cowlitz Indian, Applicant must have a parent (mother/father) living or deceased on the Cowlitz Tribal Roll, Applicants must be between the age of 0-18 years old (and must apply before your 19 birthday). For more information, visit: <https://www.cowlitz.org/enrollment>

General Welfare Programs 360-575-3310: Current Programs offered are the Tax Revenue Fund, the General Welfare Essential Needs Distribution, General Welfare Health and Wellness (for Elders 65 and over), and General Welfare One-Time Payment (for Elder Housing available on Tribal Member's 62nd birthday). Other services include the Emergency Food Assistance Program, Funeral and Burial Assistance, and the Low-Income Housing and Energy Assistance Program. For more information, visit: <https://www.cowlitz.org/member-gwe>

Indian Child Welfare (ICW) Program: The Cowlitz Indian Tribe (CIT) Indian Child Welfare (ICW) Department works with families with an open dependency, meaning that children have been placed in the custody of the state, or in some cases identified as at-risk for a dependency. For more information, visit: <https://www.cowlitz.org/indian-child-welfare-program>

Dupont Office: 360-946-2455
Longview Office: 360-577-8140
Vancouver Office: 360-397-8228

Pathways to Healing: Pathways to Healing provides services to people and/or families who have experienced, or know someone who has experienced domestic violence, dating violence, sexual assault, sex-trafficking and/or elder abuse at any point in their life. All services are confidential and available to all gender identities of all ages who are an enrolled member of a Tribe or descendant of a Tribal member. For more information, visit: <https://www.cowlitz.org/pathways-healing>

Dupont Office: 360-946-2455
Longview Office: 360-575-6239
Tukwila Office: 206-721-6288
Vancouver Office: 360-397-8228

Purchased/Referred Care (PRC) 360-575-8275 Option 2: The Cowlitz Tribe has the privilege and pleasure of managing the Purchase/Referred Care (PRC) program on behalf of the federal government to improve access to care for eligible Tribal members. Some services provided under PRC include: Inpatient Medical Care, Outpatient Specialty Care, Primary Care, Dental, Orthodontics, Routine Vision Care, Glasses/Contacts, Hearing Aids, Pharmacy, Sleep Apnea, Diabetic Supplies, Chiropractic, and Massage. For more information, visit: <https://www.cowlitz.org/prc>

Substance Use Disorder Program: The Cowlitz Tribe operates many Substance Use Disorder Services and Programs across the state of Washington including Biopsychosocial Assessment, DUI Assessment, Individual Treatment, Pretreatment Groups, Intensive Outpatient Therapy, and the Pathological and Problem Gambling Program. The Cowlitz Tribe also offers Adult and Youth Services, Inpatient Bed Placement and Referrals, Relapse Prevention, Moral Reconciliation Therapy (MRT), Seeking Safety, Life Skills Group, and the Red Road to Wellbriety Group, and the Healing of the Canoe Youth Prevention Program. For more information, visit:

<https://www.cowlitz.org/substance-use-disorder-treatment>

All people with a billable resource regardless of Tribal affiliation are eligible, WA Apple Health and most private insurances are accepted, along with cash pay, and public funds. This is a Washington state chemical dependency treatment service provider. Please reach out to a regional clinic below:

Dupont, WA: 360-946-2455

Longview, WA: 360-575-331

Tukwila, WA: 206-466-5122

Vancouver, WA: 360-947-2247

Veterans Program 360-946-2423: The Veterans Program includes services such as Education and Employment Support, Housing Services, Emergency Support, VA Claims and Benefits Management, Physical and Mental Health and Wellness, Burial and Family Services, Community and Social Support, and Advocacy. For more information, visit:

<https://www.cowlitz.org/cowlitz-veterans-program>

Wellness and Diabetes Program 360-575-8275: Provides Diabetes Self-Management Education (DSME), education and support for blood pressure management, weight loss education, food and activity education, professional and continuous glucose monitoring, remote physiologic monitoring and technology, and tobacco cessation counseling. For more information, visit: <https://www.cowlitz.org/wellness-diabetes-program>

Youth Program 360-946-2423: The mission of the Cowlitz Youth Program is to enrich the lives of youth and the Tribe through traditions that teach respect, honor, and culture by connecting them to the Elders, Cowlitz Tribal people, and history, traditions, and culture of the Cowlitz Indian Tribe. For more information, visit: <https://www.cowlitz.org/youth-program>

Hoh Tribe

www.hohtribe-nsn.org

Chief Klia Wellness Center 360-374-4284: Provides a variety of services for the health and welfare of the community. Indian Child Welfare, Community Health Resources, Substance Abuse, Social Services, Youth Programs, and Guardian Ad Litem are among the services handled by the Health Clinic. For more information, visit: <https://hohtribe-nsn.org/government/health-services/>

Health Director: 360-374-6582 Ext. 111

Tribal Opioid Response Program Manager: 360-374-6582

Department of Community 360-780-0278 or 360-374-6582: Oversees services and operations regarding utilities, food, water, housing maintenance and custodial programs. For more information, visit: <https://hohtribe-nsn.org/government/public-works/>

Enrollment Services: All Tribes set their own criteria for enrollment. For more information, contact the front desk at: 360-374-6582.

Family Services 360-374-6502: Provides compassionate services in a culturally sensitive manner that enhances the lives of individuals and families and the integrity of relationships. These services include Food Vouchers and Food Bank Services, Crime and Victim Advocacy, Low Income Home Energy Assistance Program (LIHEAP), Child Care and Development Fund, and services related to the Indian Child Welfare Act (ICWA). For more information, visit: <https://hohtribe-nsn.org/government/family-services/>

Housing Department 360-374-6502 or 360-374-4281: Provides adequate and affordable housing and housing services to low- and moderate-income Indian families and individuals within the Indian area served by the Hoh Tribe. For more information, visit: <https://hohtribe-nsn.org/government/housing/>

Jamestown S’Klallam Indian Tribe

www.jamestowntribe.org

For Jamestown S’Klallam citizens discharging elsewhere visit:

<https://jamestowntribe.org/health-department/health-benefits-for-out-of-area-tribal-citizens/>

Community Health and Wellness Services 360-582-4858: Health Education and Prevention services are provided by Community Health Staff. Together they provide and coordinate many health services including home visits, safety assessments, in-home assistance with daily activities of living, transportation to medical appointments, nail care, nutrition assistance, socialization, health and nutrition education, diabetic foot care and wellness support. For more information, visit: <https://jamestowntribe.org/health-department/community-health-wellness-for-tribal-citizens-2/>

Enrollment Services: All Tribes set their own criteria for enrollment. For more information, please contact the front desk at: 360-683-1109.

Jamestown Family Dental Clinic 360-681-3400: Open to the public, this clinic offers a wide range of dental procedures including: preventative, restorative, endodontics, prosthodontics, implants, and oral surgery. For more information, visit: <https://jamestowntribe.org/portfolio-items/jamestown-dental-clinic/>

Jamestown Family Health Clinic – Behavioral Health 360-683-5900: Offers Integrated Behavioral Health (IBH), where medical and mental health professionals work together to create a personalized plan for your well-being. Services include one-to-one therapy, intake and assessments, and referral care. Psychiatric telehealth services are also available. Contact the number above for more information. For more information, visit: <https://jamestownhealth.org/>

Jamestown Family Health Clinic – Diabetic Education and Support Program 360-683-5900: A patient-centered program designed to help people diagnosed with diabetes to achieve and maintain good health and minimize complications. Our team of certified diabetic educators along with primary care providers, and nursing staff work with people to understand the process of diabetes and how to prevent complications. They work together with patients to identify the best medication options and help set personalized realistic goals. For more information, visit: <https://jamestownhealth.org/>

Jamestown Family Health Clinic – Orthopedic Services 360-683-

5900: Provides orthopedic care to our patients with quicker and more definitive diagnosis and treatment plans for orthopedic issues, facilitated by an on-site orthopedic specialist. For more information, visit:

<https://jamestownhealth.org/>

Jamestown Family Health Clinic – Pharmacy Services 360-683-5900:

Provides comprehensive and personalized pharmaceutical care. Call to schedule an appointment with one of our pharmacists; no referral required. Services include Anti-Coagulation Services, Comprehensive Medication Review, and Insurance Prior Authorization Assistance. For more information, visit: <https://jamestownhealth.org/>

Jamestown Family Health Clinic – Preventive Health Services 360-

683-5900: Provides services to help you stay healthy, detect health problems early, determine the most effective treatments, and prevent certain diseases. Specific services include immunizations, screenings for chronic and infectious diseases, cancer screenings, clinical and behavioral interventions to manage chronic disease and reduce associated risks, and counseling to support healthy living and self-management of chronic disease. For more information, visit: <https://jamestownhealth.org/>

Jamestown Healing Clinic 360-681-7755: Provides evidence based and comprehensive services for opioid use disorders. The clinic also provides primary care and dental care for chronic and preventative disease management related to opioid use disorders. Childcare and transportation assistance are available. Contact the number above for more information. For more information, visit: <https://jamestownhealingclinic.org/>

Social and Community Services: Services provided include Social Services and Grant Planning, Housing Programs, Case Management, Family Services Programs, and Elders Services. Please find the correct contact information for the service you are inquiring about below, or, for more information, visit: <https://jamestowntribe.org/program-staff/social-community-services/>

Social Services and Grant Planning:	360-681-4610
Housing Programs:	360-681-4635
Case Management Services:	360-681-4626
Family Services Program:	360-681-5602
Indian Child Welfare (ICW):	360-460-1712
Title VI Coordinator:	360-460-0644
Youth Program Coordinator:	360-681-4613
Youth and Teen Prevention:	360-582-1411 or 360-582-1411
Professional Development Coordinator:	360-681-4617
Elders Services:	360-360-582-5785 or 360-809-8858

Yəhúmæct Traditional Foods and Culture Program: Programs and services involve three inter-connecting focus areas which are based upon S'Klallam culture and traditions; healthy eating, physical activity, and seasonal cultural practices. Using a Village model, we are bringing groups together. For contact information via email visit: <https://sklallamtraditionalfoods.weebly.com/>

Kalispel Tribe

www.kalispeltribe.com

Behavioral Health Program 509-789-7630: This program includes services for Emotional Issues, Stress, Substance Abuse, Depression, Anxiety, Couples Therapy, Family Therapy, Parenting/Step Parenting, Grief and Loss, School Performance, Job Performance, Career Choices, Retirement Issues, Elder Issues, Domestic Violence, Responsible Gaming, Spiritual Issues, Child and Adolescent Counseling, Referrals to Other Resources and Support Services, Employer/Employee Mediation, and Tribal Care Licensing. For more information, visit: <https://camaspath.org/behavioral-health>

Camas Center Medical and Dental Clinic 509-447-7111: Medical services include: Routine Office Visits, Lab Services, Well Childcare, Immunizations, Women's Gynecological Care, Specialists Referral, Women's Obstetrical Care, Clinical Massage Therapy, Physical Therapy, Chiropractic Care, and Opioid, Alcohol and Substance Abuse Treatment. Dental services include: Exams, Check-ups, Consultations, Sealant, Fillings, Crowns, Emergencies, Dentures, Bridges, Extractions, Gum Disease Cleanings, and Root Canals. Medical and Dental services are available for people of all ages. For more information, visit: <https://camaspath.org/behavioral-health>

Camas Early Learning Center (CELC) 509-789-7630: An early childhood education facility that places importance upon each individual child in a fun, active, educational environment within the Camas Center for Community Wellness. To contact the Camas Center for Community Wellness, call **509-447-7122** or **509-445-0272**. For more information, visit: <https://camascenter.org/celc-childcare>

Camas Learning Center 509-447-7140 or 509-445-0702 or 509-789-7649: Provides in-school and after-school services Monday through Thursday from 3- 6:15 p.m. (weather permitting). Students from 6th-12th grade and attend Cusick School District are eligible to participate in the program. For more information, visit: <https://camascenter.org/celc-childcare>

Enrollment Services: All Tribes set their own criteria for enrollment. For more information, contact the front desk at: 509-445-1147.

Housing Authority 509-445-1147: This office administers a variety of programs and has access to housing resources. The Housing office oversees all rental homes on the reservation and is developing more housing opportunities through rental units and homeownership. For more information, visit: <https://kalispeltribe.com/our-government/housing-authority>

Kalispel Career Training Center (KCTC) 509-370-8170: Provides vocational training and work-based learning to any community member who wants to increase their skill set in preparation for self-sustaining employment opportunities. Call the number listed above for available specialized training. For more information, visit: <https://camaspath.org/career-training/kctc>

Kalispel Child Placing Agency (KCPA) 509-789-7630 or 509-789-

7675: This is the licensing agency for foster homes and group care facilities as well as early childhood centers. Our main objective is to provide safe and nurturing homes for every child placed in care while ensuring access to community-based, culturally appropriate services that help them grow up safe, healthy, and spiritually strong – free from abuse, neglect, sexual exploitation and damaging effects of substance abuse. For more information, visit: <https://camaspath.org/children-family-services>

For the Kalispel Indian Child Welfare Program (ICW) call: 509-570-6729 or 509-789-7654.

Rural Aging and Elder Assistance Program 509-447-7453: Services for anyone 55+ including Medical Appointments, Transportation, Patient Advocacy, Medication Management, Specialty Provider Referrals, Medicaid/Medicare/SSI Assistance, Estate and Financial Planning, and Monthly Luncheons and Activities. For more information, visit: <https://camaspath.org/children-family-services>

Senior Program 509-447-7428: Prepares and delivers nutritious meals and provides transportation to cultural activities for Tribal Elders 55 years of age and older who live in the communities of Usk or Cusick. For more information, visit: <https://camaspath.org/children-family-services>

Victim Assistance Services: Provides Domestic Violence and Sexual Assault Advocacy, Dating Violence and Stalking Advocacy, Legal and Medical Advocacy, Counseling Services and Referrals, Community Education and Outreach, and Support Groups. For more information, reach out to the number below or, visit: <https://camaspath.org/children-family-services>

Airway Heights Office:	509-789-7671
Cusick Office:	509-447-7155
Ione Community Center:	509-447-7155
24/7 Help Line:	877-700-7175

Lower Elwha Klallam Tribe

www.elwha.org

Children's House of Learning 360-504-3141: The Children's House of Learning offers childcare services from 7:30 a.m.-5 p.m. Monday-Thursday. The Head Start and Early Head Start programs are also offered at the Children's House of Learning and provide developmental screenings and services in the areas of education, sensory, vision, hearing and disabilities. For more information, visit: <https://www.elwha.org/departments/childrens-house-of-learning/>

Elder's Program 360-565-7257 ext. 7466 or ext. 7434: Meals served for Tribal Elders. Please call for more information or, visit: <https://www.elwha.org/departments/social-services/elders-program/>

Elwha Food Pantry 360-504-3678: Provides emergency food assistance at no cost. Annual forms and demographic information are required; however, this information is based on self-disclosure only. The Food Bank is a low-barrier food bank providing food to the LEKT Tribal Community with respect, dignity, equality, and kindness. For more information, visit: <https://www.elwha.org/food-bank/>

Elwha Sexual Assault Response Team (SART) 360-452-6252 ext. 1: A multidisciplinary, interagency, sexual assault intervention model. It is a victim centered team approach to implementing a comprehensive, sensitive, coordinated system of intervention and care for sexual assault victims. Please call the number listed above for more information. For more information, visit: <https://elwhahealth.org/sart-program/>

After Hours Forensic Sexual Assault Exam: (541) 526-9256

Enrollment Department 360-452-8471: All Tribes set their own criteria or enrollment. For more information, visit: <https://www.elwha.org/departments/tribal-government/tribal-enrollment/>

Family Advocacy Program 360-565-7257 ext. 7453: Provides services to American Indians, Alaska Native and/or Lower Elwha Tribal community members who are victims of domestic violence, sexual assault, dating violence, stalking, sex trafficking, and elder abuse that resides within the geographic services area of the Lower Elwha Klallam Tribe. For more information, visit: <https://www.elwha.org/departments/social-services/family-advocacy/>

Family Advocacy Hotlines: 360-460-1745 or 360-775-9346

General Assistance Program 360-565-7257: Provides monthly cash assistance to meet certain specified unmet essential needs of eligible Indians. Eligible applicants are anyone who is a member of Federally Recognized Tribes residing within the LEKT service area. Visit the Social Services Office or the Heritage Center Office to drop off application forms, or by email at: lekt.tanf@elwha.org

For more information, visit: <https://www.elwha.org/departments/social-services/general-assistance/>

Klallam Counseling Services 360-452-4432: A state approved substance use disorder treatment agency offering comprehensive outpatient treatment services. Our mission is to provide Behavioral Health Treatment Services to Native and non-Native individuals and their family members by providing them with the structure to make the lifestyle choices and changes that will give them a sense of freedom and an overall improved quality of life. For more information, visit: <https://elwhahealth.org/services/kcs/>

Lower Elwha Health Clinic 360-452-6252: Lower Elwha Health Clinic is dedicated to their Tribal members and their community. At the clinic services offered include Acupuncture, Ultrasound Therapy, I.V. Therapy, Physicals, Annual Wellness Visits, Nutrition and Diabetes Education, Telehealth Appointments, Family Practice, Primary Care, Preventative Care, Injections, and Pediatrics. Please call the number listed above for more information and scheduling. For more information, visit: <https://elwhahealth.org/>

Lower Elwha Health Department – Patient Services 360-452-6252: Contact Patient Services for more information or assistance with Medical Travel Assistance, Care Coordination Services, Contagious Illness Testing, Insurance Plans, Paratransit Transportation, or other questions you may have. For more information, visit: <https://elwhahealth.org/>

After Hours Emergency Nurse Line: (541) 526-9254

Lower Elwha Wellness Center – Dental Clinic 360-452-6252 ext. 2:

Dental services for all ages including standard dental services (exams, cleanings, and fillings) as well as crowns, bridges, root canals, dentures, and emergency dental services. For more information, visit:

<https://elwhahealth.org/services/dental/>

Low Income Household Assistance Program 360-565-7257: These programs provide financial assistance to income-eligible families costs for heating, cooling, water and wastewater. Please call the number listed above for more information on how to apply for these programs. For more information, visit: <https://www.elwha.org/departments/social-services/low-income-household-assistance-programs/>

Mental Health Program 360-565-7264: Provides mental health services to the Elwha community that are culturally informed, and addresses the needs of children, youth, and adults of all ages. We are here to help people with complex mental health problems such as historical trauma, abuse, suicidal thoughts, and severe depression and anxiety. We are also here to help people who are generally doing fine, but who are experiencing distress due to temporary life challenges. We provide individual, family, couples, and group therapy. Call the number above for more information on services and scheduling or, visit: <https://elwhahealth.org/services/behavioral-health/>

Community 24-hour Crisis Line: 1-888-910-0416

Purchased/Referred Care and Contract Health Service 360-452-6252

ext. 7613: The PRC (formally CHS) Program is for medical/dental care provided to eligible Tribal members. PRC is not an entitlement program. If IHS is requested to pay, the patient must meet the residency requirements, notification requirements, medical priority, and use of alternate resources. For more information call the number listed above, or visit:

<https://elwhahealth.org/services/contract-health-services/>

Tribal Temporary Assistance for Needy Families (TANF) 360-565-

7257: Provides temporary assistance to enrolled Tribal members while they are seeking employment, are under-employed, or are temporarily incapable of employment that will meet their family needs. Call the number listed above for more information on how to apply visit:

<https://www.elwha.org/departments/social-services/tribal-tanf/>

Vocational Rehabilitation Program: Provides employment and educational guidance to eligible American Indians and Alaska Natives. Some of the services we provide are; assessment to determine eligibility, services and skills, guidance and counseling, communication assistance, job placement and retention services, traditional healing services, community resource counseling, transportation services, education guidance, support services (for example, clothing, short-term training, individually based), assistive technology, youth transition services, information and referral, job coaching, individualized care and development of a service plan and goals. Find the number to contact for more information below, or visit:

<https://www.elwha.org/departments/social-services/vocational-rehabilitation-program/>

Program Manager:	360-460-7549
Vocational Rehabilitation Counselor:	360-565-7257 ext. 7457
Vocational Rehabilitation Counselor:	360-452-8471 ext. 7701

Lummi Nation

www.lummi-nsn.gov

Lummi Counseling Services 360-312-2420 or 360-312-2427: Provides hope and healing through education and treatment to Lummi families and individuals in the area of substance use disorder within a comprehensive certified outpatient program. Services include Individual Therapy, Group Therapy, Family Therapy, Youth Therapy, Relapse Prevention, Opioid Treatment Program, Medication Assisted Treatment, New Beginnings – Pregnant Parenting Women, Cultural Arts Therapy, and Stabilization and Recovery Services. For more information, visit: <https://www.lummi-nsn.gov/node/Website.php?PageID=468>

Lummi Early Learning Programs 360-312-2444: Programs available include Head Start (ages 3 – 5), Child Care (6 months - 3 years), Teen Parent Child Development Center (Infants and Toddlers, 6 months – 3 years), Early Childhood Education Assistance Program (ages 3 – 5), Head Start/Childcare WRAP Around (ages 3 – 5), Home Base (prenatal and children up to 3 years old). For more information, visit: <https://www.libc-earlylearning.org/>

Lummi Enrollment Services: All Tribes set their own criteria for enrollment. For more information, contact the Enrollment Office at: 360-312-2398 or 360-312-2286.

Lummi Healing Spirit Clinic 360-380-6945: An Opiate Treatment Program that works in conjunction with Lummi Counseling Services to provide outpatient treatment for patients who are dependent on opiates including prescription drugs and heroin. We offer medication assisted treatment with buprenorphine-naloxone (suboxone) or detox or maintenance for opiate use disorder. Additional services include: Naloxone Kits, Naltrexone/Sublocade Injection and Vivitrol for Opiate Blocking and Alcohol Abstinence, Buprenorphine for Pregnant Women, Hepatitis C Testing, HIV and STD Testing, and Family Planning. For more information, visit: <https://www.lummi-nsn.gov/node/Website.php?PageID=1066>

Lummi Health Transportation 360-380-6657 or 360-384-0464: Our main purpose is to transport eligible patients to their medical appointments, we also deliver medications as needed, as the drivers are available to deliver them. To be eligible for Lummi Health Transportation, you must be an active patient at the LTHC within the past year, also must be of Tribal affiliation. For more information, visit: <https://www.lummihealth.gov/services/transportation/>

Lummi Tribal Health Clinic 360-384-0464 or for after hours 360-715-2447:

Tribal Health Center Website: <https://www.lummihealth.gov/>

- Adult Medical Care: Provides Primary Care, Imaging, Laboratory, Chronic Disease Management, Diabetes Education, Nutrition, Home Visits, and Medications for Opioid Use Disorder.
- Dental Services: Provides standard dental services, implants, dentures, emergency dental care, root canals, oral surgery, preventative dentistry, restorative dentistry, and sedation dentistry. Call the number above for more information.
- Harm Reduction and Hepatitis C Elimination: Provides supplies such as sterile needles, sharp containers, alcohol swabs, and more for harm reduction. This program also provides education on safe injections, safe disposal, disease prevention, and overdose response. The center also offers testing for Hepatitis C, HIV, and STI. For the Lummi Harm Reduction and Syringe Clean Up call 360-325-2779.
- Maternal Medicine: Provides services to educate expecting and young mothers on how to access healthcare for mothers and babies, referrals to community resources, and advocacy. Pregnant and Postpartum patients of Lummi Tribal Health Center are eligible for this program. Call 360-312-2470 for more information.
- Pediatric Medical Care: Provides pediatric medical care from birth to age 21. Services include Primary Care, Immunizations, WIC, and

School Based Health Programming. Call 360-312-2467 for more information and to schedule an appointment.

- Pharmacy: Provides pharmacy services to patients who are eligible for direct care services. Contact 360-384-0464 or 360-312-2497 for more information or to refill prescriptions.
- Physical Therapy: Provides Physical Therapy services for a variety of injuries and rehabilitation needs. Call 360-312-2040 for scheduling.
- Rheumatology: Provides services to help manage Inflammatory (Rheumatic) Disorders that affect muscles, joints and bones, Connective Tissue Diseases that affect your ligaments, tendons, skin and other organs, and Autoimmune Diseases that happen when your immune system attacks healthy tissue.

Lummi Women Infant and Children (WIC) Program 360-380-6922:

Provides nutritional services to mothers and young children. all for more information on applying for services. For more information, visit:

<https://www.lummihealth.gov/services/pediatric-medical/wic/>

Purchased/Referred Care Program 360-384-0464 or 360-312-2285:

Services provided include Health Benefits Sign-Up, Specialty Referral Coverage, and Vision and Hardware. Call the number listed above for eligibility and for scheduling services. For more information, visit:

<https://www.lummihealth.gov/services/purchase-referred-care/>

Makah Nation

www.makah.com

Community Health Programs 360-645-3245: Provides Transport and Patient Support Services such as Medical Transportation, Medical Expense Assistance, Shuttle Services, Prescription Pick-up and Drop-off, Durable Medical Equipment, and Emergency Call Devices. For more information, visit: <https://www.stihc.com/community-health.html>

Early Childhood Education Program: For more information on this program and scheduling, email either kelly.maines@makah.com or Felipa.richardson@makah.com

Enrollment Services: All Tribes set their own criteria for enrollment. For more information, contact the enrollment officer at: 360-645-3233.

Makah Recovery Services 360-645-2461: Offering Telemedicine Appointments, Intensive Outpatient Group Therapy, and Non-Intensive Groups focused on Recovery through Substance Use Disorder Professionals. For more information, visit: <https://www.stihc.com/makah-recovery-services.html>

Makah Tribal Assistance 360-645-3254: Provides LIHEAP (Low Income Home Energy Assistance Program) and TANF (Temporary Assistance for Needy Families) funds for enrolled Tribal members. Call the number listed above for more information on applying, or refer to the Directory: <https://makah.com/makah-tribal-info/program-directory/>

Makah Tribal Housing 360-645-2378 or 360-645-2460: For more information on Tribal Housing call the numbers listed above or refer to the Directory: <https://makah.com/makah-tribal-info/program-directory/>

Medical Clinic 360-645-2233: Provides Primary Care, Laboratory, and X-Ray Services. For non-emergency After Hours Care call (855) 520-7512. For more information, visit: <https://www.stihc.com/medical-care.html>

Mental Health Services 360-645-2075: Provides trained Mental Health Counselors to help patients manage mental health concerns with therapeutic counseling. Our medical providers are also trained to help with the physical components of mental health, such as nutrition, exercise and, when appropriate, medication. For after hours Crisis Support and Resources, call 1-888-910-0416. For emergencies call 911. For more information, visit: <https://www.stihc.com/behavioral-health-services.html>

Neah Bay Dental Services 360-645-2934: Provides Preventative, Endodontics, Periodontics, Restorative, Surgical, Orthodontics, and family services to the community. For more information, visit: <https://www.stihc.com/dental.html>

Senior Program 360-645-2796: The Senior Program offers services for Caregiver Programing, Congregate Meals, Elder Abuse Prevention, Government Assisted Housing, Home Delivered Meals, Home Health Services, Legal Services, Personal Care, Respite Care, Senior Center Programs, and Transportation Assistance. For more information or scheduling, reach out to maureen.woods@makah.com or refer to the Directory: <https://makah.com/makah-tribal-info/program-directory/>

Šišuk House: Provides a safe and drug free home to people in recovery in the Neah Bay community. Call the number listed under Makah Recovery Services for more information, or apply online at:

<https://docs.google.com/forms/d/e/1FAIpQLSd2nXk6zmimmIFPm0EiUxzvZ1s8TAQabaJI2XvKB9LE1N0RKA/viewform>

Social and Family Services 360-645-3270: For more information on available Social and Family Services, call the number listed above or reach out to: crysandra.sones@makah.com

Wellness Clinics 360-645-2075: Offer Acupuncture, Massage Therapy, Naturopathic Medicine, and Nutritional Programming for the community. For more information, call the number listed above or visit:

<https://www.stihc.com/wellness-clinics.html>

Muckleshoot Tribe

www.muckleshoot.nsn.us

Adult & Higher Education 253-876-3345: This Division provides programs such as College and Careers Education Opportunities, Financial Aid and Scholarships, Muckleshoot Tribal College, GED Programs, Training Workshops, and NACTEP Programs. Contact the number above for more information on services listed. For more information, visit:

<https://www.muckleshoot.nsn.us/programs/adult-higher-education>

Adult Work Training 253-876-2822: This program performs an assessment of skills, career exploration and goal evaluation to build on skills capacity and increase opportunities in attaining a position in the field of choice. For more information, visit: <https://www.muckleshoot.nsn.us/depts/adult-work-training>

Behavioral Health Equine Services: Provides individual and/or family counseling in conjunction with trained equine specialists and horses. Services are also available to SUD clients on an individual or group basis. Contact Karyn.cross@muckleshoot-health.com for more information or visit:

<https://www.muckleshoot.nsn.us/programs/behavioral-health-equine-services>

Behavioral Health: Adult Recovery House Program 253-333-3629:

The Adult Recovery House and Clean and Sober Recovery Houses provide supportive services to hundreds of Tribal and community members finding a way out of addiction and moving into a lifestyle of recovery. Contact the number above for more information or visit:

<https://www.muckleshoot.nsn.us/programs/behavioral-health-adult-residential-services>

Behavioral Health: Adult Services 253-294-8235: Provides comprehensive outpatient mental health services, Substance Use Disorder treatment, adult recovery housing, and prevention activities to Tribal community members and other Native Americans living on or near the Muckleshoot Reservation. For more information, visit:

<https://www.muckleshoot.nsn.us/programs/behavioral-health-adult-services>

Behavioral Health: Family & Youth Services, Youth Residential

Services: Family and Youth Services (FYS) is a division of the Behavioral Health Program, located in the Health and Wellness Center. FYS offers Mental Health and Substance Use Disorder counseling for youth ages 6 and up. FYS Clinical staff are all fully licensed and offer counseling for individual youth and their families. For more information, visit:

<https://www.muckleshoot.nsn.us/programs/behavioral-health-family-youth-services>

Youth Residential Services: 253-333-8230

Family Youth Services SUD/MH Services: 253-333-3605

Birth-21 Student Support Services 253-285-4043: The Muckleshoot Student Support Services Program serves students birth through five years of age through the Muckleshoot Early Learning Academy, the Muckleshoot Child Development Center, and the Child Care Development Fund programs. Students in grades K-12 are served through the Muckleshoot Tribal School. Specially designed instruction and related services are delivered by special education teachers, school psychologists, speech language pathologists, occupational therapists, physical therapists, and other professionals. For more information, visit: <https://www.muckleshoot.nsn.us/programs/birth-21-student-support-services>

Child Development Center 253-288-2044: Provides a rich environment that supports individual and group development for each child enrolled in the program. The physical environment also plays a huge role in a child's development. The physical environment at Muckleshoot Child Development Center will be well organized, welcoming to the child/family. Muckleshoot Child Development Center uses creative curriculum. For more information, visit: <https://www.muckleshoot.nsn.us/programs/child-development-center>

Childcare Development Fund 253-876-3032 or 253-545-1775: Through strategic partnerships, we create a culturally inspiring environment that expands academic and career opportunities. For more information, visit: <https://www.muckleshoot.nsn.us/programs/child-care-development-fund>

Dental Clinic 253-939-2131: Provides Preventive Care, Emergency Services, Composite Restorations, Endodontics, Crown and Bridge Restorations, Oral Surgery, Dental Implants, Removable Prosthodontics, Orthodontics, and Periodontics for children, youth, and adults in the Muckleshoot community. For more information, visit: <https://www.muckleshoot.nsn.us/programs/dental-clinic>

Elders In-Home Support Services 253-876-3042 or 253-409-3882: An elder is qualified for services based on our assessment and may receive assistance with personal care, hygiene, cooking, cleaning, laundry, grocery shopping, mobility, nursing services, and social services. Services are available for individual members of the Muckleshoot Tribe and their families. For more information, visit: <https://www.muckleshoot.nsn.us/programs/meihss>

Muckleshoot Elder Abuse Helpline: 253-876-3115

Enrollment Department 253-876-3141: Contact the enrollment manager at the number listed above. For more information around enrollment and enrollment related services, visit: <https://www.muckleshoot.nsn.us/depts/tribal-enrollment>

Family Resource Center 253-876-3336: This Center makes available certain emergency and other supportive assistance to any Tribal member who is experiencing unexpected financial circumstances that affects their personal welfare or the welfare of their family. For more information, visit: <https://www.muckleshoot.nsn.us/depts/family-resources>

Family Support Center 253-261-7058: This Center provides a clean and sober environment for Tribal and community members to visit and/or attend support groups, classes and meetings to support our recovery family. For more information, visit: <https://www.muckleshoot.nsn.us/depts/family-support-center>

Financial Aid & Scholarship Division 253-294-8032 or 253-876-3382: The Financial Aid Division has the following programs to service Tribal members: Transition Services (previously known as Developmental Disabilities), Private School Assistance, Scholarship, and Workshops & Training. We are here to assist students with their educational costs and to provide support services to ensure student success while attending colleges/universities to pursue their career path and earning their diplomas, certificates and/or degrees. For more information, visit: <https://www.muckleshoot.nsn.us/programs/financial-aid-scholarship>

Housing Authority 253-833-7616: Provides housing and financial services to Muckleshoot community members. For more information, visit: <https://www.muckleshoot.nsn.us/depts/housing-authority>

Medical & Community Health: Community Health 253-939-2131: Community Health focuses on assisting our Tribal and community members to get medical services onsite, outside referrals, and follow-up after hospital admissions. Our program includes services provided by our community health representatives (CHR), diabetes nurse (RN), public health nurse (RN), medical social worker (MSW) and registered dietitian (RD). For more information, visit: <https://www.muckleshoot.nsn.us/programs/community-health>

Medical & Community Health: Diabetes Program 253-939-2131: A coordinated program between primary care providers, diabetic nursing, nutrition counseling, and community health. This program aims to take a multidisciplinary approach to diabetic care and prevention to enhance the health of the community. For more information, visit: <https://www.muckleshoot.nsn.us/programs/diabetes-program>

Medical & Community Health: Medical Clinic 253-294-8229: Provides outpatient primary care services, pediatric specialty care, and daily urgent care services. Selected specialty care services are provided onsite including OB/GYN, Ear/Nose/Throat, and nephrology (kidney health) services. For more information, visit: <https://www.muckleshoot.nsn.us/programs/medical-clinic>

MindCare Clinic 253-876-6965: The MindCare Clinic is a progressive and innovative program that uses advanced technologies to increase brain health and functioning, reduce stress, treat symptoms, and promote mental wellness. Services are individualized to each person's unique brain health needs and are relaxing, safe and medication-free. For more information, visit: <https://www.muckleshoot.nsn.us/programs/mindcare-clinic>

Muckleshoot Child and Family Services 253-833-8782: This program strives to assist children in need of care while protecting the health, traditions, and security of the Muckleshoot Tribal Community. Contact the number above for more information on services or visit: <https://www.muckleshoot.nsn.us/depts/mcfs>

Off Reservation Resources: For more resources available to Tribal members, visit the following link for off reservation resources: <https://www.muckleshoot.nsn.us/member-portal/resources/off-reservation>

Optical Clinic 253-294-8229: The Optical Clinic provides optical exams and diagnostic evaluations, diabetic retinal screening, eyewear and glasses/contact fittings. For more information, visit: <https://www.muckleshoot.nsn.us/programs/optical-clinic>

Parental Advocacy Program 253-294-8073 or 253-294-4758: The Parental Advocacy Program supports, advocates, and assists parents and guardians experiencing the ICW/MCFS system. Our services are available to Muckleshoot Tribal Members or parents and guardians of Muckleshoot Children. Some services offered include referrals, assistance with court, emotional supports, job searches, resume assistance, individual service plans (ISPs), transportation, and coordination with other Tribal and non-Tribal programs. For more information, visit: <https://www.muckleshoot.nsn.us/programs/tribal-court-parental-advocacy>

Reclaiming Our Wellness Project 253-876-3372: The Reclaiming Our Wellness (ROW) Project is a Department of Labor Grant that provides training for dislocated workers within the Muckleshoot Tribal Community who have been impacted directly or indirectly by opioid usage. The ROW Project assists with the opportunity to learn a variety of soft skills, technical job skills, career certification and a limited number of subsidized employment opportunities. For more information, visit: <https://www.muckleshoot.nsn.us/programs/reclaiming-our-wellness>

Recreation Program 253-876-2923: Provides Muckleshoot youth ages 5-17, who are enrolled in school, opportunities to help learn fundamental sports, skills, and strategies, and experience an array of recreational activities in a fun, safe, and drug, tobacco and alcohol-free environment. For more information, visit: <https://www.muckleshoot.nsn.us/programs/recreation>

Senior Center: Provides nutrition, cultural, and social quality services to Muckleshoot and eligible elders of 50 years of age and older. Check online or contact alex.cruz@muckleshoot.nsn.us or helen.jameson@muckleshoot.nsn.us for more information on receiving services.

Tribal Pharmacy 253-333-3618: The Muckleshoot Health & Wellness Center Pharmacy works directly with Medical, Behavioral Health, and Elders In-Home Support Services for medication therapy management and supplies for Muckleshoot patients. For more information, visit: <https://www.muckleshoot.nsn.us/programs/pharmacy>

Veterans Affairs 253-876-3297: The Veteran Affairs Program is a governmental program of the Muckleshoot Indian Tribe that provides networking and assistance to veterans. Neither income nor age is a factor in determining eligibility to participate in the program. Call the number listed above for more information on receiving services. For more information, visit: <https://www.muckleshoot.nsn.us/depts/veteran-affairs>

Victim Services Program 253-569-7837: Here to assist you when you have been the victim of any type of crime. We offer support and can help you step-by-step through the processes, so you don't feel alone. For more information, visit: <https://www.muckleshoot.nsn.us/programs/victim-services>

Youth Development Program 253-876-3383: Provides positive and healthy extracurricular, cultural activities and education that focus on leadership and promote positive self-image, sensitive topic awareness/prevention, and life skills the program enables the children and youth of the Muckleshoot community to be equipped with the tools needed for a successful life. For more information, visit: <https://www.muckleshoot.nsn.us/depts/youth-development>

Nisqually Tribe

www.nisqually-nsn.gov

Children and Family Services (ICW) 360-413-3015: The Nisqually Tribe's Children and Family Services Program is designated to ensure child welfare, child placement, foster family recruitment and licensing, extended family home studies, and family preservation services in cases or situations requiring its direct involvement. The program strives for family preservation, reunification of families, and to help ensure the children achieve permanency that preserves their culture and family connections. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/community-services/icw/>

Community Garden 360-456-5221 ext. 1166: Nisqually Community Garden works toward Tribal self-sufficiency and overall mental, physical, and spiritual health. We grow traditional plants, vegetables, berries, and fruit trees. All produce is distributed directly to Nisqually Tribal members & community. We also host classes, provide job training services to Tribal members through the Tribe and SPIPA, preserve food & medicines, put on annual events, and work closely with many Tribal departments. Our services are offered to Tribal and community members. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/community-services/community-garden-program/>

Elders Program 360-486-9546: The Nisqually Elders program is a faucet of resources through the Tribe, state, and outside agencies. We thrive on implementing services that will allow Nisqually Elders to be independent for as long as possible. We work to provide our Elders and their family support as much as possible. For more information, call the number listed above. Also note, an intake form is required and can be found at:

http://www.nisqually-nsn.gov/files/4416/2515/5759/Elders_Intake_Form_12222020.pdf

Emergency Food Voucher Program: Provides emergency food vouchers to qualifying, low-income families. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/community-services/emergency-food-voucher-program/>

For applications, contact Marie McDonald at 360-456-5221 ext. 1234 or Jason Sharp at 360-456-5221 ext. 2104. You can also request via email at mcdonald.marie@nisqually-nsn.gov or sharp.jason@nisqually-nsn.gov

Enrollment Department 360-456-5221 ext. 1248: Contact the Enrollment Department at the number listed above. For more information around enrollment and enrollment related services, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/enrollment/>

Foster Parent Information Session: These sessions are on the first Tuesday of every month. Make a difference! Join us to learn more about becoming a foster parent. Foster Parent Information Session: Intro to fostering, what does it mean, how to begin, Q&A with foster parent recruiters, and Connection building with others interested in learning more. For more information, visit: <http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/community-outreach-programs/foster-parent-information-sessions-first-tuesday-every-month/>

General Assistance Program 360-456-5221 ext.1283: The G.A. program is a monetary stipend for clients that are enrolled in a federally recognized Tribe and residing in Thurston County. Clients must participate in monthly job search to maintain eligibility. They have 12 job searches a month which they must show they did 3 searches per week. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/community-services/general-assistance-and-native-works/>

Head Start and Early Head Start Program 360-456-5221 ext. 1215: Nisqually Tribe Head Start is a federal program that promotes the school readiness of children from birth to age five from low-income families by providing comprehensive early childhood educational services to enhance children's cognitive, social, and emotional development. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/community-services/head-start/>

Health Fitness and Nutrition Program: We educate our clients that overall health is more than just a fitness goal – it's about community, variety, refueling, recovering, and challenging your mind, body, and spirit. We empower our clients towards a greater quality of life with seasoned professionals, varied programs and disciplines, and conscious living principles all under one roof. Services provided are Body Composition Analysis, Diabetes Prevention, Elders Fitness Classes, Group Training, Health Coaching, Health Screenings, Healthy Eating Habits Program, Lifestyle Coaching, Massage Therapy, Nutrition Classes, Nutrition Consultations, Personal Training, Postural Assessments, and Yoga Classes. For more information contact: healthfitness@nisqually-nsn.gov or visit: <http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/health-fitness-and-nutrition-programs/>

Healing Waters: Women's Survivors Support Group 360-970-8649: Join us for a weekly support group designed to provide a safe and supportive space for women who have experienced any form of domestic violence. This group is open to women only — a place to find connection, healing, and strength in community. Come as you are and join us on your healing journey. For more information, visit: <http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/health-programs/healing-waters-womens-survivors-support-group/>

Housing Department and Program 360-493-0081: The Nisqually Housing Program's Mission is to Provide Safe, Sanitary, & Affordable Housing to the Tribal Membership. Housing services provide include HUD/NITH rentals, 184 Home Loan Program, Housing Assistance Program (HAP/NEAP) - \$30,000 Program, Rehabilitation & Modernization for Low Income/Over Income Program, Community Rental Assistance Program. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/housing/>

Meal Prep Services 360-455-5213: Meal prep services will be provided for 2 people on Wednesdays and 2 more people on Fridays at 4 p.m. Each person will receive their own meal prep which consists of 7 lunches, 7 dinners, and snacks for the entire week. Contact healthfitness@nisqually-nsn.gov for more information or visit: <http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/health-fitness-and-nutrition-programs/meal-prep-services/>

Mental Health Counseling 360-413-2727: Supporting Your Journey of Healing and Wellness, Amy Sohler (LMHC, SUDP, CSAT), has a long history of working with Tribal communities, and she is here to provide a source of connection, empathy, and support. She specializes in working with people who have experienced trauma or are struggling to overcome unhelpful behaviors. She is also a helpful resource for those desiring to develop balance in relationships and strengthen their skills for coping with life challenges. For more information, visit: <http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/health-programs/mental-health-counseling/>

Money 101 Class 360-413-2727 Nisqually Indian Tribe Housing is proud to bring you an exciting series of classes designed to teach you how to manage, save and grow your money! Learn about how credit, spending habits, budgeting, and debt can affect your goals. RSVP to housing@nisqually-nsn.gov or by phone if you would like to attend! For more information, visit: <http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/financial-programs/money-101-class/>

Move-in Assistance Program: To be eligible for this service you must be a Nisqually Tribal Member and moving into a new residence. Eligible applicants will receive assistance with first/last month's rent as well as deposit. This service is provided once during a two-year period and allows up to \$3,000 in assistance. Per policy, Tribal Members who receive per capita payments are ineligible for 30 days after receiving a per capita distribution. For applications, contact Marie McDonald at 360-456-5221 ext. 1234 or Jason Sharp at 360-456-5221 ext. 2104. You can also request via email at mcdonald.marie@nisqually-nsn.gov or sharp.jason@nisqually-nsn.gov or visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/community-services/move-assistance/>

Native Employment Works (N.E.W. Program) 360-456-5221

ext.1283: The N.E.W. program is to assist clients with work activities to eligible members of a federally recognized Tribe in Thurston County. Allowable work activities include (but are not limited to): educational activities; training and job readiness activities and employment activities. Also, allowable supportive and job retention services and family sufficiency related expenses that enable clients to participate in the program. Unemployed/underemployed and/or teens and young adult clients are first priority. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/community-services/native-employment-works/>

Nisqually Transit: Nisqually Transit is a transit service of the Nisqually Indian Tribe. For information or to request a ride call 360-456-5236, email transportation@nisqually-nsn.gov or visit: <http://www.nisqually-nsn.gov/index.php/administration/transportation/>

Nisqually Tribal Health & Wellness Center – Behavioral Health 360-413-2727 or 360-459-5312 opt. 4: We strive to offer both individual and group behavioral health services that are rooted in culture for the Nisqually community; ranging from Substance Use Disorder Services, Mental Health Counseling, Gambling Counseling, Grief, Domestic Violence, Medication-Assisted Treatment, Peer Support, Domestic Violence Counseling, Community Prevention, UA Testing, and referrals for Detox, Inpatient, and Mental Health Services. Call either number listed above for more information and for scheduling. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/health/behavioral-health/>

Nisqually Tribal Health & Wellness Center – Dental 360-413-2716 or 360-459-5312 opt. 2: Our dental program focuses on providing safe, gentle dental treatment while consistently striving to improve the dental patient experience. Services offered include Cosmetic Dentistry, Teeth Whitening, Emergency Care and Pain Control, Endodontics, Root Canal Treatment, Laser Dentistry, Oral Diagnosis, Oral Surgery, Orthodontics, Pediatric Dentistry, Periodontics, Preventative Care, Cancer Screening, Teeth Cleaning, Dental Exams, Prosthodontics, Partial and Full Dentures, Occlusal Guards, Radiography, Restorative Dentistry, Bridges, Crown, and Fillings. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/health/dental/>

Nisqually Tribal Health & Wellness Center – Medical 360-459-5312

opt. 1: Nisqually Tribal Health & Wellness Center is an ambulatory care facility. We offer outpatient, family practice medical care, along with pharmacy and traditional healing services. Services include: Primary Care, Care of Chronic Health Conditions, Acute Care for Minor Illnesses and Injuries, Pediatric Services, Nurse Triage, Nurse Care Management, Covid-19 Testing & Vaccinations, Maternal & Infant Health, Well Child Exams, Sports Physicals, Diabetes Care, Cancer Screenings, Long and Short Acting Contraception Options, Vaccines for Children and Adults, Gender Affirming Care, Sexual Health, Medications for Treatment of Opioid Use Disorder and Alcohol Use Disorder, Coordinated Care with Behavioral Health, Referrals to Specialty Care and Diagnostic Imaging, Osteopathic Manipulation Treatment, Acupuncture, Lab Services, and Medical Transport. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/health/medical/>

Nisqually Tribal Pharmacy 360-491-9770: The Pharmacy is open weekdays from 8am-5 p.m., including open window and phone hours from 10am-4 p.m. weekdays. Medication delivery is also available for residents in close proximity. Mail service is available for anyone who cannot arrange pickup for their medications. Call the number listed above for more information or visit: <http://www.nisqually-nsn.gov/files/2515/8476/7018/Pharmacy-COVID-update.pdf>

Pow Wow Fitness Classes 360-455-5213: Classes hosted by Alisha Gannie. Open to Nisqually Tribal and Community Members and Employees. For more information contact the HFN staff at 360-455-5213, via email at healthfitness@nisqually-nsn.gov or online at: <http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/health-fitness-and-nutrition-programs/pow-wow-fitness-classes/>

Sexual Assault & Domestic Violence Survivors Group 360-413-2727: Join our NTHWC Community Support Group Empowering Survivors of Sexual Assault & Domestic Violence. Starting on Fridays from 5:00 - 6:15 p.m., this safe and confidential space offers understanding, validation, and resources for survivors. Together, we heal and reclaim our strength. For more information, visit: <http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/community-outreach-programs/sexual-assault-domestic-violence-survivors-group-fridays/>

Small Projects – Adult Wellness Program 360-456-5221 ext. 2171:

Thursdays with the Adult Wellness Program include Small Projects (Weaving, Beading, Sewing) from 9:00am - 11:30am followed by a Wellbriety Talking Circle at 12:00 p.m.. Snacks and drinks provided. For more information, visit: <http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/adult-wellness-programs/>

Survive to Thrive: The Survive to Thrive program includes a workbook and online video all of which can be completed virtually. Clint Hackney created the workbook to help any staff or clients that have been having a hard time and may be feeling burnt out. Along with this workbook is a video for you to watch as you complete the book. It is completely private and your own book that you don't need to share. For the workbook and video, visit:

<http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/community-outreach-programs/survive-thrive-video-and-workbook/>

Talking Circle Weekly Adult Support Group 360-456-5221: Need a place to share your experiences? Join us to share & listen. No appointment is needed. Meet at the covered round pen. Located at Medicine River Ranch, 10735 Todkarle RD SE, Olympia, WA 98513. For more information, visit:

<http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/adult-wellness-programs/thursdays-adult-wellness-program/>

Tobacco Cessation Program 360-491-9770: We offer a variety of support, including nicotine replacement through Traditional and/or Western Medicine. Call for more information. For more information, visit:

https://nisqually-nsn.host50.portlandlabs.com/application/files/4916/9695/1507/Tobacco_Cessation.pdf

Traditional Healing 360-493-6450: The traditional healing and alternative healing services we provide are truly special to us and have been developed at the direct request of our Tribal membership. Over the course of several years, we have expanded this program to include not just a variety of spiritual healers; but also art therapy, traditional medicines, acupuncture, and more. For more information, visit: [http://www.nisqually-nsn.gov/files/2616/8192/3177/Traditional Healing Schedule An Appointment 04 18 23.pdf](http://www.nisqually-nsn.gov/files/2616/8192/3177/Traditional_Healing_Schedule_An_Appointment_04_18_23.pdf)

Vocational Rehabilitation Program 360-456-5221 ext.1283: The overall goal of the V.R. program is to assist Native American People with disabilities in making informed choices that encourage the achievement of gainful employment while promoting personal empowerment, independence and integration into family, community, and workplace with respect to individual cultural and traditional values. To be eligible for VR services the client MUST have a documented disability or if there is no documentation we will refer client out for assessments to verify disability. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/community-services/vocational-rehabilitation/>

Wellbriety - Adult Wellness Program 360-456-5221: The concept of wellbriety is based on the belief that addiction is a symptom of a larger issue. Wellbriety includes all around health for our minds, body, spirit. Even if you aren't where you want to be yet, come to a meeting. People do not have to talk, just listen and receive good energy. We offer Wellbriety Meetings 5 days a week at 12:00 p.m. Mondays, Wednesdays, and Fridays are open to the public. Tuesdays and Thursdays are for Tribal and Community members. Monday nights are Wellbriety co-ed sweats at 6:00 p.m. To attend, arrive at the scheduled time and day of the week at: 11602 25th Ave SE Olympia, WA 98513. For more information, visit: <http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/adult-wellness-programs/nisqually-adult-wellness-program-meetings-sweat/>

Workforce Development 360-456-5237: Services low-income families and provides temporary cash assistance and support services. To be eligible for services, there must be a minor in the household, if school aged - must be attending school, at least one family member must be enrolled in a federally recognized Tribe, and the family must reside in Thurston or Pierce County. For more information, visit: <http://www.nisqually-nsn.gov/index.php/administration/tribal-services/community-services/workforce-development/>

Youth Program: The Nisqually Youth Program provides children within the Nisqually Community in grades K-12 with age-specific and individual enrichment activities that promote opportunities for friendship, skill development, self-esteem, values, self-discipline, and respect for others through positive habits, attitudes, behaviors, and choices. The Program is guidance-oriented, helping youth make appropriate and satisfying choices in all aspects of their lives. For Program inquiries, email youthservices@nisqually-nsn.gov or visit: <http://www.nisqually-nsn.gov/index.php/calendar/ongoing-classes-and-program/youth-programs/>

Nooksack Tribe

nooksacktribe.org

Alcohol and Chemical Dependency 360-398-6399: Genesis II is a State Certified CD Agency that provides confidential, comprehensive services for substance abuse & chemical dependency and outpatient treatment. All counselors are certified alcohol/substance professionals. For more information, visit: <https://nooksacktribe.org/departments/health/alcohol-chemical-dependency/>

Behavioral Health 360-966-2376: Offering a comprehensive and culturally sensitive Mental Health Counseling Services to the Nooksack Tribal community and Native Americans living in the area (families, elders, adults, adolescents and children). The following services are available: Intake and Assessment, Mental Health Counseling (children, adolescents, families, adults, and victims of abuse), Referral to Chemical Dependency NIT Units, Crisis Management, Suicide Prevention Counseling and Referral, Specialized Psychiatry Services for Adults, Referral to Specialized Pediatric Psychiatry, Public School Counseling, Advocacy, Head Start Consultation, after School Consultation and Intervention Groups, Art Therapy, and Play Therapy for Children. For more information, visit: <https://nooksacktribe.org/departments/health/behavioral-health/>

Child Support Program: The Nooksack Child Support Program works to ensure that all children receive the financial support they deserve from their parents. Rather than Tribal members being sent to the Washington State Division of Child Support, they are served by the Tribe: in Tribal Court by Tribal Staff. For more information, visit:

<https://nooksacktribe.org/departments/health/behavioral-health/>

Director: 360-306-5093

Administrative Assistant: 360-306-5090

Intake Specialist: 360-306-5090 ext. 3405

Community Health Fund Program 360-966-2106 ext. 2112: The Nooksack Tribal Council approved expanded healthcare funding for enrolled Nooksack Tribal Members, no matter where they live. The expanded healthcare service is designed to help fill the healthcare gaps created by Indian Health Services underfunded programs and our Community Health System geographical limitation policies. The healthcare services will be available until funds are exhausted. Individuals will need to download and complete the Community Health Program Application which can be found at the following link:

<https://nooksacktribe.org/departments/health/community-health-fund-program/>

Dental Clinic 360-306-5151: Provides dental care to the Nooksack Indian Tribe and eligible members of federally recognized Tribes. We offer comprehensive dental services, including General Dentistry, Pediatric Dentistry, Oral Health Prevention Education, and other dental services. For more information, visit: <https://nooksacktribe.org/departments/health/dental-clinic/>

Early Childhood Education 360-592-5176 ext. 3505: Head Start is a comprehensive preschool program for children ages 3 to 5 from income eligible families. The Nooksack House of Children Head Start provides children and families with information and access to child health and development, nutrition, behavioral health, family goal setting and resources. For more information, visit: <https://nooksacktribe.org/departments/early-childhood-education/>

Education Department: The Education Department manages several education grants that Tribal members can apply for regarding adult basic education; higher education; adult vocational technical education; career training and technical education; and school expenses and extracurricular expenses. For more information, visit:

<https://nooksacktribe.org/departments/education/>

Enrollment Department 360-592-5176 ext. 3409: Contact the Enrollment Department at the number listed above. For more information around enrollment and enrollment related services, visit:

<https://nooksacktribe.org/departments/enrollment/>

Medical Clinic 360-966-2106: Provides direct prevention, wellness and outreach services to the patient population providing comprehensive preventative and health support services including Diabetes Screening and Testing, Diabetes Education and Management, Nutrition and Lifestyle Counseling, Home Health Visits, Health Education, Elders and Veterans Outreach, Medical Visit Transportation and Medicine Pick Up and Delivery. For more information, visit:

<https://nooksacktribe.org/departments/health/medical-clinic/>

Nooksack Housing Department 360-592-5163: Nooksack Housing helps Tribal members connect with other state and federal housing services, including the Section 184 Home Loan Program, Down Payment Assistance, as well as other administrative assistance. Please note to apply for services, you will have to complete Part A and B of the online housing application form which can be found at the following link:

<https://nooksacktribe.org/departments/housing-department/>

Purchased/Referred Care Program 360-966-2106: Provides specialized health care services that are not provided at the Nooksack Medical Clinic. The need for PRC services must be determined by an on-site primary care provider and is provided dependent upon the availability of PRC funds and relative medical priority. For more information, visit:

<https://nooksacktribe.org/departments/health/contract-health/>

Telemedicine Services 360-966-2106: Offering new remote services through the Nooksack Health Clinic. Prior to your meeting, you will receive a link from your healthcare provider with a phone number and a unique meeting ID. With a smartphone, tablet, or computer, click on the link and follow the instructions. By phone, call the number and enter the meeting ID. For more information, visit: <https://nooksacktribe.org/departments/health/nooksack-telemedicine-services/>

Temporary Assistance for Needy Families 360-592-0135: TANF will make available the tools necessary to promote the empowering of Indian families to become self-sufficient so they can support and nurture themselves, their children, and community. TANF is a Federal and State funded program that provides cash assistance and supportive services to Native American families who are in need. Call the number listed above for more information on eligibility and applying for services, or visit: <https://nooksacktribe.org/departments/social-services/>

Veterans Service Program 360-306-5090 ext. 3306: Helping veterans and eligible family members understand, navigate, and obtain federal and state benefits. Our mission is to provide the highest quality care, service, and advocacy for the men and women—and their eligible family members—who have served as members of the United States Armed Forces. For more information, visit: <https://nooksacktribe.org/departments/veterans-program/>

Youth and Family Services 360-306-5090:

Child Protection Team: The Child Protection Team is a multidisciplinary team of professionals composed of representatives from Nooksack Tribal Departments and Programs who work with children and families. The Nooksack Youth and Family Services Department facilitates the CPT meetings once a month. The WA DCYF staff also attend CPT to gather advise from the CPT regarding cases of child abuse and neglect being investigated by their office. The CPT is a highly confidential team established to advocate, protect, and promote the care of Nooksack children and families.

Extended Foster Care: The Extended Foster Care Program is a great benefit for Nooksack young adults who need ongoing support while working towards independence. Now providing services for individuals up to 21 years of age.

Indian Child Welfare Program and Independent Living: The Nooksack Youth and Family Services Department staffs two caseworkers who actively

work in partnership with Washington State Department of Children, Youth, and Families to provide case management and advocacy for Nooksack families that are culturally sensitive. The Youth and Family Services Caseworkers strive to assist families with resources and services needed to support family preservation and ensure children remain connected to the Tribal family and community. The Independent Living Program provides additional services for our Nooksack children who are 15 years or older and in an open dependency through DCYF or through Nooksack Tribal Court. Independent Living Services include various services to support Nooksack youth into young adulthood with the tools necessary for independent living.

TI'íls Ta'á'altha Program: Employing a 24/7 advocate and a Civil Legal Attorney to assist families to achieve safety with protection orders, parenting plans, and other justice matters for victims of harm. The TI'íls Ta'á'altha program also provides cultural healing for participants to engage with Tribal elders and learn or practice traditional healing therapies such as weaving, canning, quilting, etc. The TI'íls Ta'á'altha program also provides emergency hotel stay for families needing safety from harm.

The Men and Boys Outreach and Advocacy Program: Includes an advocate to provide advocacy services, education, and awareness to individuals and the community.

For more information about these programs, visit:
<https://nooksacktribe.org/departments/youth-family-services/>

Port Gamble S'Klallam Tribe

www.pgst.nsn.us

Career and Education Department: The Career and Education Department provides opportunities to improve the quality of life for community members through teaching, training, advising, and assistance for professional, educational, and employment enhancement by utilizing achievable goals and comprehensive planning. For more information, visit <https://pgst.nsn.us/career-and-education/> or email tjones@pgst.nsn.us.

Child and Family Services: Child & Family Services enhances the quality of life of PGST members and their families through a culturally sensitive approach, which encourages living a healthy lifestyle and promoting self-sufficiency. Programs and services available include Together for Children, Women Infants and Children (WIC), Family Assistance, Youth Services, Child

Support Services, Foster Care, Elders Services, Vulnerable Adult, Child Welfare, and Kinship Care. For more information, visit <https://pgst.nsn.us/children-family-services/> or email cmiller@pgst.nsn.us . Contact for specific programs are listed below when available.

Together for Children: Office: 360-297-9688 | Cell: 360-509-5805

Women Infants and Children (WIC): Office: 360-297-9688 | Cell: 360-509-5805

Family Assistance: <https://pgst.nsn.us/tribal-family-assistance/>

Youth Services: sdixon@pgst.nsn.us

Child Support Services: <https://pgst.nsn.us/child-support/>

Foster Care: <https://pgst.nsn.us/foster-care/>

Elders Services: shanna@pgst.nsn.us

Vulnerable Adult: <https://pgst.nsn.us/vulnerable-adult/>

Child Welfare: jgonzalez@pgst.nsn.us

Kinship Care: Office: 360-297-9669 | Cell: 360-536-8471

Early Childhood Education: Early Childhood Education provides quality services for our youngest children and their families that supports indigenous learning and growing that creates active minds and bodies. Programs and services offered include Head Start (3- 5 yr old) Preschool Classe, Early Head Start (6 weeks- 36 months) Infant/Toddler Classes, Extended Day Child Care for families working or going to school, Family Engagement Activities, Cultural Practice, Leadership/Advocacy, Health & Wellness, Financial Understanding, and School Age Child Care-before and after and school breaks. For information, visit <https://pgst.nsn.us/early-childhood-education/> .

Director: Jaclyn Haight, jhaight@pgst.nsn.us

Assistant Director: Rayna Espinos, raynae@pgst.nsn.us

Enrollment Services: All Tribes set their own criteria for enrollment. For more information, contact the front desk at 360-297-2646 or visit: <https://pgst.nsn.us/tribal-records-enrollment/>

Health Services at the PGST Community Health Center 360-297-2840:

- Medical Services: Medical services provided at the PGST Community Health Center include Primary Care, Women's Health, Elder Home Visits for Nursing, Education, and Case Management, Diabetes Education, Health Promotion Programs, and Community Education.

Urgent Care is now available Saturdays from 9 a.m.-5 p.m.. For more information, visit <https://pgst.nsn.us/health-services/>

- Dental Clinic: The Dental Clinic provides Routine Check-Ups and Cleanings, Fillings, and Emergent Needs. For more information, visit <https://pgst.nsn.us/health-service-program-dental-services/>
- Behavioral Health Program: The Behavioral Health Program provides Individual, Group, and Family Mental Health Counseling for all ages, Psychotropic Medication Management, Chemical Dependency Assessments, DUI Assessments, Intensive Outpatient and Continuing Care Groups, Inpatient Referrals, and Pain Management Courses. For more information, visit <https://pgst.nsn.us/health-services-program-behavioral-health/>
- Purchased/Referred Care (PRC) Program: Purchased/Referred Care manages community members' health benefits programs to ensure access to quality health care and maximize available resources. For questions regarding PRC, call 360-297-9631.

Housing Authority 360-297-6350: The PGST Housing Authority helps Tribal members obtain attractive and culturally relevant housing. They are responsible for increasing the number of housing units available to low-income Tribal members as well as housing opportunities for all Tribal members through the Housing Authority service area. Programs and services available include Rental Assistance Program (Off-Reservation), Down-Payment Assistance, Home Repair, Homeowners Assistance Fund, Rental Housing for Families, Elders, and Single Persons (On-Reservation) Assistance. For more information, visit <https://pgst.nsn.us/housing-authority/>.

Low Income Heating and Energy Assistance Program (LIHEAP)

360-297-9650: Aiming to help low-income households in Washington state receive affordable, dependable utility services and avoid disconnection. The LIHEAP online application can be found at <https://pgst.nsn.us/wp-content/uploads/2024/11/2024-LIHEAP-Application.pdf> .

Puyallup Tribe

www.puyalluptribe-nsn.gov

Adult Activity and Support Services 253-573-7829: The intent of the Adult Activities Support Services is to aid Tribal member adults with monetary assistance for entry into a sports team or tournament, participation in health club or martial arts, Native American arts and crafts

instruction, supplies for arts and crafts. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/general-services/adult-activities-and-support-services/>

Adult Services Department 253-382-6380: The Adult Services Department assesses the needs of Puyallup Tribal Vulnerable Adults and their caregivers or guardians, and coordinates care across multiple service providers for access to resources and to promote the health, safety, and quality of life of Puyallup Tribal Vulnerable Adults. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/tribal-community-wellness-division/adult-services/>

Birth to 6 Program 253-312-9255 or 253-344-0052: The Puyallup Tribe Birth to Six Program mission is to impact its target population by strengthening the ties we have with various Tribal and non-Tribal service providers to assure a continuum of early intervention/prevention services for families in the Tribal community. For more information on services provided, visit: <https://www.puyalluptribe-nsn.gov/member-services/youth-programs-services/birth-to-6-program/>

Chief Leschi Schools 253-445-6000: Chief Leschi is a unique environment that prepares students to be productive members of today's world while at the same time connects students to their culture. Our small class sizes give teachers and paraeducators the opportunity to spend more individual time with each student from Pre-Kindergarten through 12th grade. For more information, visit: <https://www.leschischools.org/about-us/about-chief-leschi-schools>

Child Care Assistance Program 253-573-7903: The intent of the Child Care Assistance Program is to aid Puyallup Tribal members/guardians of Tribal member children (0-12 years of age; or 16 years of age with documented disability) with the cost of full-time, part-time (amount will be prorated), after-school and summer child-care. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/youth-programs-services/childcare-assistance-program/>

Children's Activities Program 253-573-7829: The intent of the Children's Activities Program is to aid Tribal members with monetary assistance for entry into a sports team or tournament, assistance with purchasing equipment, participating in an extracurricular activity such as swimming, dance, gymnastics, music lessons, martial arts, drama, sports instruction, instrument payments, and reimbursement of driver's education

course. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/youth-programs-services/childrens-activities-program/>

Children of the River Child Advocacy Center 253-382-6194: Provides education, advocacy, and a multi-disciplinary response to decrease re-traumatization of children and elders who are victims of crime. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/tribal-community-wellness-division/children-of-the-river-child-advocacy-center/>

Community Domestic Violence Advocacy Program: Working to end violence and abuse that impact the Tribal and surrounding communities and embrace traditional values promoting honor and respect toward all people. haʔ kʷ(i) adsəslabɕəbut. CDVAP is committed to working collaboratively with community members and advocacy groups for survivor-led social change to minimize and eliminate inequities and barriers to community safety and healing. For more information and contact information, see the information below:

Website: <https://www.puyalluptribe-nsn.gov/member-services/tribal-community-wellness-division/community-domestic-violence-cdvap/>

Domestic Violence Hotline: 253-680-5499

Human Trafficking Hotline: 253-382-6394

Community Family Services 253-573-7919: It is the mission of the Community Family Services (CFS) program to provide community members with a safe space to explore opportunities for treating substance use disorders in a culturally appropriate manner. For more information on services provided, visit: <https://www.puyalluptribe-nsn.gov/member-services/tribal-community-wellness-division/community-family-services/>

Education Incentives Program (EIP) 253-573-7921: The goal of the Education Incentives Program (EIP) is to encourage Puyallup Tribal member children, youth and adults to work diligently in bringing up and maintaining good grades; to attend school regularly and to improve their academic performance, thereby increasing their knowledge, skills and ability to progress in post-secondary educational institutions. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/education/education-incentives-program-eip/>

Elder Services 253-680-5480: Elder Services provide and maintain a variety of services and programs for Puyallup Elders including Caregiver Services, Chore Services, Companionship Services, Transportation Services, Personal Care, Meal Planning, Housekeeping, Exercise, Transfers and

Positioning, Transportation, Medication Assistance, Welfare Checks, Medical Deliveries, Shopping Services, and Mail Services. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/elders/>

Emergency Housing Repair Program 253-573-7972: The intent of the Emergency Housing Repair Program is to provide Puyallup Tribal members the opportunity to live in decent, safe and sanitary housing. This will be accomplished by assisting with an emergency housing situation or occurrence that happens unexpectedly and demands immediate action. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/housing/emergency-housing-repair/>

Enrollment Department 253-573-7849 or 253-389-1681: For more information around enrollment and enrollment related services, contact the numbers above or visit: <https://www.puyalluptribe-nsn.gov/member-services/general-services/tribal-enrollment/>

Foster Care Program 253-680-5537: Our mission is to serve Puyallup Tribal children and youth through a caring, accepting and safe community of Native foster homes who focus on healing hearts, nurturing hope and keeping children connected to their culture. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/tribal-community-wellness-division/foster-care-program/>

Funeral Assistance 253-573-7884: The Puyallup Tribe provides Funeral Travel Assistance, Funeral Expense Assistance, and Funeral Hardship Assistance. For more information and for applications, visit: <https://www.puyalluptribe-nsn.gov/member-services/general-services/funeral/#funeral-expense-assistance>

General Welfare Program 253-573-7847: The General Welfare Program (GWP) is intended to promote the general welfare of the Tribe by helping to ensure that Members are able to meet minimum household needs that the Tribe has determined to be necessary or appropriate in achieving the Tribe's goals of long term self-determination and the preservation of culture and tradition, based on specific findings of the Tribal Council after considering the unique facts, needs and circumstances of the Tribe and its Members, as well as the means, mechanisms and alternatives available to address those needs. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/general-services/per-capita/>

Grandview Early Learning Center 253-680-5515: To provide quality and culturally early childhood care for all Native American and Alaska Native

families of our community and to provide a safe and nurturing environment for their physical, social, and intellectual growth. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/youth-programs-services/grandview-early-learning-center/>

Higher Education Program 253-573-7917: The intent of the Higher Education Program is to provide Tribal members with tuition, mandatory fees, on-campus room and board, books and supplies, student living assistance (when not living on campus while attending an accredited college, university or vocational college), funding for recertification courses and continuing education classes and College gift to graduates. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/education/higher-education/>

Human Resources 253-573-7863: The HR Department exists to meet the needs of the Tribal Council, Tribal Administration and their employees and to prepare for the future by developing human capital today. This includes Helping Tribal Members Qualify For and Obtain Employment. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/tribal-administration/human-resources/>

Legal Aid Office 253-382-6810: Provides Civil legal aid and advice to Tribal members. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/tribal-justice-safety/legal-aid-office/>

Medical Assistance Program 253-573-7888: The intent of the Medical Emergency Assistance Program is to aid Puyallup Tribal members with monetary assistance when they are hospitalized for one or more days. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/general-services/medical-assistance-program/>

Preschool Assistance Program 253-573-7903: The intent of the Preschool Assistance Program is to aid Puyallup Tribal member and non-Puyallup Tribal member parents (with Tribal member children) with monetary assistance to attend an accredited or licensed preschool which provides a learning environment that centers on intellectual, physical, social and emotional development, thereby providing children with the initial fundamental tools needed to become academically successful. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/tribal-community-wellness-division/preschool-assistance-program/>

Puyallup Tribal Health Authority 253-593-0232:

- Behavioral Health and Wellness 253-593-0247: Get the support you need through the most difficult times. If you or a loved one is suffering from a mental health condition, problem gambling, or substance use disorder, reach out. For more information on services available, visit: <https://www.puyalluptribalhealthauthority.com/services/behavioral-health/>
- Community Health 253-593-0232: Your Community Health team is here to walk along side you on your healthcare journey. We are your support and education; whether your goal is to reduce the impact of a chronic disease, improve your family's wellness, or make positive personal lifestyle changes. For more information on services available such as WIC, Diabetes Management, and Tobacco Cessation, visit: <https://www.puyalluptribalhealthauthority.com/services/community-health/>
- Dental 253-593-0232: Our dental staff is trained and equipped to serve patients of all ages with routine and specialty care. Services include: Routine Care, Urgent Care, Dental Hygiene, Sealants and Preventive Care, Dental Health and Education, Restorative/Crowns/Bridges, Orthodontics, Dentures, Oral Surgery, Endodontics/Root Canal Treatment, and Silver Diamine Fluoride (SDF). For more information, visit: <https://www.puyalluptribalhealthauthority.com/services/dental/>
- Medical 253-593-0232: We are a Patient-Centered Medical Home through AAAHC and staffed by dedicated, compassionate and experienced professionals, technicians and support staff, providing: Medical/Pediatric, Routine Health Care, Health Promotion and Disease Prevention, Well-Childcare, OB/GYN Services, Same-Day Appointments, Lab and X-Ray, Tobacco Cessation, WIC and Breastfeeding Support, Psychiatric Medication Management, and Medications for Opioid Use Disorder (MOUD). For more information, visit: <https://www.puyalluptribalhealthauthority.com/services/medical/>
- Pediatrics 253-593-0232: PTHA is committed to providing compassionate care to children and their families. We care for children of all ages from newborn to adolescence. For more information on services available such as Well Child Visits and Vaccines, visit: <https://www.puyalluptribalhealthauthority.com/services/pediatrics/>
- Pharmacy 253-593-0232: To be eligible for pharmacy services, all clients must be a registered patient with PTHA and updated annually. For more information on available services at the PTHA Pharmacy, visit: <https://www.puyalluptribalhealthauthority.com/services/pharmacy/>
- X-Ray and Lab 253-593-0232: Our Medical Lab staff has demonstrated commitment to quality through national accreditation by the

Commission on Office Laboratory Accreditation (COLA). For copies of x-rays, call PTHA's Health Information Management department at 253-593-0232, ext. 1582. For more information, visit: <https://www.puyalluptribalhealthauthority.com/services/x-ray-lab/>

Set Aside Housing Program: The mission of the Puyallup Tribal Set Aside Housing Program is to serve the Puyallup Tribal Community by promoting a higher standard of living conditions by providing members assistance in obtaining and maintaining quality and affordable housing as well as programs to promote home ownership and offer relief from related hardships. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/housing/set-aside-housing-program/>

Tribal Employment Rights Office (TERO) 253-573-7846: Tribal Employment Rights Office (TERO) protects Tribal sovereignty by supporting Tribal member self-sufficiency through enforcing Indian preference requirements in employment, training, and contracting opportunities. For more information, visit: <https://www.puyalluptribe-nsn.gov/employment-training-programs-services/tero/>

Tribal Housing Department 253-573-7956: We enhance the quality of life, stability, and prosperity of Native American families within the Puyallup Tribal service area by: Developing and managing safe, sustainable, healthy and affordable housing, Provides opportunities and resources to inspire self-sufficiency and fulfillment, and maintaining the cultural integrity of each family in Tribal housing. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/housing/tribal-housing-department/>

Tribal Veterans Assistance 253-686-8484: The intent of the Tribal Member Veterans Quarterly Benefit Distribution Program is to reward Veterans or active military personnel for their service in the military. Only Veterans enrolled with the Puyallup Tribe are eligible, including for the Veteran stipend. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/general-services/tribal-veterans-assistance/>

Workforce Development Program (WFD) 253-382-6033: The intent and mission of the Puyallup Tribe of Indians' Workforce Development Program (WFD) is to provide the membership an avenue to pursue opportunities in securing meaningful employment and assisting in the development of positive self-determination. For more information, visit: <https://www.puyalluptribe-nsn.gov/employment-training-programs-services/workforce-development-program-wfd/>

Wrap Around Program 253-382-6219: Our mission is to empower individuals to become healthy and stable through culturally sensitive collaboration with family and community members. Our vision is to honor individuals and families through love and respect by providing accessible resources in a safe and trusting environment that returns community members to the traditional ways of helping each other to develop and achieve their goals. For more information, visit: <https://www.puyalluptribe-nsn.gov/member-services/tribal-community-wellness-division/wrap-around-program/>

Quileute Tribe

quileutenation.org

Community Events 360-374-5091: The Healing Circle Drum Group meets every Wednesday night at 6p.m. Other Community Events can be found on the Calendar at the following website: <https://quileutenation.org/community-resources/>

Early Childhood Education Programs 360-374-2631 or 360-374-5633: The Early Childhood Education Programs include services such as Head Start, Child Care, Early Intervention Services, and WIC (Women, Infant, and Children). Children who attend Head Start or Child Care receive breakfast, snacks and lunch each day. For more information, visit: <https://quileutenation.org/government/education-department/early-childhood-education/>

Enrollment Committee and Office 360-374-2245: For more information around enrollment and enrollment related services, contact the number above or visit: <https://quileutenation.org/government/natural-resources/enrollment-committee/>

Housing Authority 360-374-9719: Provides Quileute Tribal Members and other Native Americans the opportunity for decent, safe and sanitary housing while building a stronger, healthier community. For more information, visit: <https://quileutenation.org/government/housing-authority/>

Human Resources: Applications and resources can be found on the Quileute Human Resources webpage: <https://quileutenation.org/human-resources/>

Human Services 360-374-4271: The Human Services Department provides and maintains many services and programs for Quileute Tribal members, including Low Income Home Energy Assistance Program (LIHEAP), Temporary Assistance for Needy Families (TANF), Commodities Program, Food Pantry, General Assistance, Prevention, Food Assistance/EBT, Child Support, and services through DDA/DVR of Washington. For more information, visit: <https://quileutenation.org/government/human-services/staff-and-services/>

Prevention Program 360-374-2228: Quileute Human Services provides substance abuse prevention and supportive services for those in recovery. Services are coordinated by Prevention Specialist Ann Penn-Charles. For more information, visit: <https://quileutenation.org/government/human-services/prevention-program/>

Purchased/Referred Care Eligibility 360-374-3200: Call the number listed above or visit the website below for more information about applying for PRC. <https://quileutenation.org/government/health-center/prc-eligibility/>

Quileute Health Center 360-374-9035 (Medical) or 360-374-6984 (Dental): The Quileute Health Center strives to improve the health, well-being and access to care for Quileute Tribal Members including other American Indians/Alaskan Natives who live within La Push and the Quileute Service Unit. Professional Health Services at the Health Center include Medical, Dental, and Behavioral Health Services.

These providers and services include: Primary Care Provider, Physician Assistant, Dentist, Dental Hygienist, Dental Assistant, P/T Mental Health Clinician, New Beginnings Program Advocates, Podiatry, Chiropractor, Acupuncture, Massage Therapist, WIC Program Specialist, and Community Health Representative.

For more information, visit: <https://quileutenation.org/government/health-center/>

Quileute Scholarship Program 360-374-6163: The Quileute Scholarship Program provides support for enrolled Quileute members to achieve their educational goals through scholarships. Scholarships are intended to help defray the cost of attendance and encourage Quileute Tribal Members to complete a degree or certificate program to further their career. For more information, visit: <https://quileutenation.org/government/education-department/higher-education/>

Quileute Temporary Assistance for Needy Families: Provides assistance (or other forms of support) to needy families so that children may be cared for in their own homes or in the homes of relatives. For more information on applying, visit: <https://quileutenation.org/government/human-services/tanf/>

Quileute Tribal School 360-963-4100: Our mission: students will gain and retain knowledge and skills necessary to make them responsible, productive, and citizens. They will develop problem solving skills, communication skills, and self-sufficiency skills that will allow them to interact at all levels of society. They will protect, preserve, and enhance the Quileute Language and culture for future generations. For more information on the school, programs, and enrolling students, visit: <https://qtschools.org/>

Seniors Program 360-374-6040: Our Seniors Program helps improve the health, welfare and quality of life of our elders. Our program provides a well-balanced meal on weekdays that meets one third of the R.D.A. (recommended dietary allowance) to Tribal seniors (ages 50 and older and their spouse/significant other in both congregate settings or through a home delivery system when necessary). We provide information and referral services for Tribal elders and their caregivers, rides as needed, limited financial supports, light chore work, case management services, and follow all objectives and statements submitted in the Title VI application. For more information, visit: <https://quileutenation.org/government/human-services/seniors-program/>

Youth and Family Interventions 360-374-2228: The Youth and Family Intervention Program is available to help youth and families address issues such as teen pregnancy and to assist with planning for the future in an effort to break the cycles of generational poverty, dependence on TANF and involvement with ICW. The main components of YFI include: prevention education through Life Skills classes and individualized support for youth. For more information, visit: <https://quileutenation.org/government/human-services/youth-services/>

Quinault Nation

quinaultindiannation.com

Division of Family Services 360-276-8211: The Division of Family Services provides many programs and services including: Foster Care, Juvenile Justice, Emergency Food Program, Child Protective Services/Indian Child Welfare (ICW), LIHEAP (Low-Income Heating and Energy Assistance

Program) for low-income families, Commodity Food Program, Senior Citizen Nutrition, Elders Caregiver Support Services, Senior Citizen Lunch Program, Senior Citizens Activities, Family Referrals, and Mental Health Counseling. For more information, visit: <https://www.quinaultindiannation.com/166/Social-Services>

Division of Substance Abuse 360-276-8211: The Division of Substance Abuse provides many programs and services including: Chemical Dependency Services, Alcohol and Drug Information School (ADIS), Drug and Alcohol Evaluations, DUI Evaluations, Department of Licensing Reporting, Referral Services to Inpatient Treatment, Individual Counseling, Group Therapy, Outpatient Treatment, Intensive Outpatient, Relapse Prevention Group, Co-ed Group, Al-Anon, Outreach Program in the Taholah Jail, Outreach Programs in Queets and Aberdeen, Drug Screening, Prevention Education and Activities, and Suboxone Group and Individual Sessions. For more information, visit: <https://www.quinaultindiannation.com/166/Social-Services>

Education Department 360-276-8211 ext. 4124: The mission of the Quinault Indian Nation (QIN) Education Department is to provide a seamless system of excellence in education from birth through life. For more information, visit: <https://www.quinaultindiannation.com/168/Education-Department>

Enrollment Department 360-276-8215 ext. 7219: For more information around enrollment and enrollment related services, contact the number above or visit: <https://www.quinaultindiannation.com/180/Enrollment-Department>

Housing Authority 360-276-4320: The Housing Authority's Mission is to foster a supportive environment for low-income families through direct services, referrals, education and financial assistance, and the provision of access to affordable housing. For more information, visit: <https://www.quinaultindiannation.com/397/Quinault-Housing-Authority>

Human Resources 360-276-8211 ext. 4618: Applications and job descriptions are available by contacting Human Resources. Employment offers are conditional on passing drug test, criminal records, or background check. The Nation supports Quinault Preference in all hiring. For more information, visit: <https://www.quinaultindiannation.com/161/Human-Resources>

Sacred Healing Journey 360-276-8215 ext. 8152: We serve victims of domestic violence, sexual assault, harassment, stalking, adult survivors of childhood sex abuse & other victimizations. We are comprised of 8 full time

staff with one office in Taholah, one office in Hoquiam, and a shelter for families affected by violence at an undisclosed location. We provide crisis intervention, advocacy, referrals, outreach and awareness activities, court support, etc. We also have our incredible healing house that is set up to help victims become independent and successful. For more information, visit:

<https://www.quinaultindiannation.com/401/Sacred-Healing-Journey>

Temporary Assistance for Needy Families (TANF) 360-276-8211: The TANF Program assists income-eligible families and children with cash assistance and other supportive services. For more information, visit:

<https://www.quinaultindiannation.com/170/TANF-New-Opps>

Quinault Wellness Center 564-544-1950: Provides Medical, Dental, Behavioral Health, and Transportation services. For more information, visit:

<https://www.quinaultwellnesscenter.com/>

- Behavioral Health: Services include: No Cost Consultation, Assessments for Drug, Alcohol, Gambling and DUI, Individual Therapy, Group and Family Therapy, Case Management, Naloxone Training, Peer Support Services, and Co-occurring Mental Health Services.
- Dental: Services include: New Patient Assessments, X-Rays, Cleanings, Fillings, Restorative Care, Oral Surgery, Partials and Full Dentures, and select Root Canals.
- Medical: Services include: Medication-Assisted Treatment, Primary Care, Wound Care, Hepatitis C Treatment, and Psychiatric Medication Management.
- Transportation: If you are interested in enrolling in the transportation program, complete an intake form, available at the front desk or with your primary counselor. Intake forms must be turned into the transportation office. Transportation will be available by the following day to allow for scheduling.

Samish Nation

samishtribe.nsn.us

Behavioral Health: Samish Behavioral Health coming soon. For more information and updates, visit:

<https://www.samishtribe.nsn.us/departments/health/behavioralhealth>

Caregiver Support Services: The Samish Caregiver Program provides services to unpaid, informal family member, friend, or neighbor giving care

to one of the following: a Native elder, elder caring for people of any age with Alzheimer's disease and related disorders (ADRD), elder caring for children under the age of 18 - includes grandparents raising grandchildren, or an elder caring for adults with disabilities. For more information and to fill out the contact form, visit: <https://www.samishtribe.nsn.us/departments/elders>

Chelángen Department 360-293-6404: Our department puts on cultural classes, events, and gatherings. If you are in need of cultural or spiritual assistance, call the number listed above, or for more information, visit: <https://www.samishtribe.nsn.us/departments/chel%C3%A1ngen>

Early Learning Programs 360-588-8806: Our Samish Longhouse is a nurturing space for our children, families, and Samish Staff to laugh, learn and love through endless opportunities ranging from daily lessons and activities, family engagement events, and so much more. Programs provided include Head Start, Early Head Start, and the Early Learning Center. For more information, visit: <https://www.samishtribe.nsn.us/departments/longhouse>

Elders Support Services: We provide elder supportive services to Native Elders - Samish Citizens age 45+, American Indian, and Alaska Native. The service area is Skagit, Island, San Juan, and Whatcom Counties. Contact us using our Elders Contact Form about eligibility for services. For more information, and to fill out the contact form, visit: <https://www.samishtribe.nsn.us/departments/elders>

Enrollment Department: All Tribes set their own criteria for enrollment. For more information, contact the front desk at 360-293-6404 or visit: <https://www.samishtribe.nsn.us/government/enrollment>

Health Services 360-899-5454: Samish Indian Health Services are offered in 10-counties throughout western Washington. Our Health Services are dedicated to the health and well-being of our Citizens. Samish Indian Health Services helps to coordinate the Purchased/Referred Care (PRC) for Tribal citizens to receive the medical and orthodontic coverage they need. For more information, visit: <https://www.samishtribe.nsn.us/departments/health>

Housing 360-899-5282: The mission of Samish Housing is to provide affordable, decent, safe and sanitary housing for Tribal citizens through supportive and orderly community development. Some services offered include LIHEAP (Low Income Home Energy Assistance Program), Rapid Re-Housing, Tenant Based Rental Assistance, Homelessness Prevention,

Emergency Food Assistance, and Xwch'angteng Housing. For more information, visit: <https://www.samishtribe.nsn.us/departments/housing>

Prevention and Intervention: We plan to build upon our current service strengths to reduce gaps in mental health needs, substance abuse needs and provide holistic, culturally appropriate wraparound services for Samish Citizens and their families. We will work to align our vision with the SAMHSA National Tribal Behavioral Health Agenda (TBHA) which Evaluates the importance of Tribal identities, culture, spiritual beliefs, and practices for improving overall wellbeing. For more information and other resources, visit: <https://www.samishtribe.nsn.us/departments/health/prevention-and-intervention>

Samish Canoe Family: The Samish Canoe Family's vision is to open spaces for Tribal citizens to engage in traditional Samish language & culture while navigating the traditional transportation highways of the Salish Sea. The Samish Canoe Family is a volunteer group of Tribal citizens, friends and relatives. For more information, visit: <https://www.samishtribe.nsn.us/community/canoe-family>

Samish Careers: For information on Samish careers, current job openings, and benefits, visit: <https://www.samishtribe.nsn.us/government/careers>

Social Services 360-899-5282: Social Services offers a variety of programs to promote healthy families and self-sufficiency of the Samish Tribe. These programs include Indian Child Welfare (ICW) and Family Support Services, Kinship Services, and Victims of Crime (VOC) Services. For more information, visit: <https://www.samishtribe.nsn.us/departments/social-services>

Tribal Wellness Services: Tribal Wellness Services puts on many events and programs such as Diabetes Prevention and Management. For more information, visit: <https://www.samishtribe.nsn.us/departments/health/tribal-wellness-services>

Veterans Program: Provides services and programs to Samish Veterans. For more information, and to fill out the contact form, visit: <https://www.samishtribe.nsn.us/departments/elders>

Vocational Rehabilitation 877-470-8737: We help people identify their strengths, prepare for jobs, and achieve and maintain employment. To qualify you must: Have a disability that is holding you back from getting and keeping a job, be enrolled in a federally recognized Tribe, live in our 5-county service area: Snohomish, Skagit, Whatcom, Island, or San Juan

counties, and have the desire to work. For more information, visit:
<https://www.samishtribe.nsn.us/departments/vocational-rehabilitation>

Sauk-Suiattle Tribe

sauk-suiattle.com

Community Protection, Advocacy, and Wellness 360-436-2826:

Provides assistance and resources for victims of crime, domestic violence, and/or sexual assault. For more information, visit: https://sauk-suiattle.com/community_protection_advocacy_an.html

Cultural Resources Department: For Cultural events, resources, Canoe Journey Release Forms, and Event Calendar, visit: https://www.sauk-suiattle.com/cultural_resources_department.html

Elders Food Program: Provides nutrition services to Sauk-Suiattle elders. For more information, visit: <https://sauk-suiattle.com/Elders%20Food.html>

Education Department 360-436-1854: The Sauk-Suiattle Indian Tribe Education Department is a state licensed Daycare and Early Childhood Education & Assistance Program (ECEAP) serving the Sauk-Suiattle Indian Tribe, and the surrounding communities of Snohomish and Skagit Counties. For more information, visit: <https://sauk-suiattle.com/education.html>

Enrollment Services: All Tribes set their own criteria for enrollment. For more information, contact the front desk at 360-436-0131.

Housing Department 360-436-2213: For more information on the Housing Application, Home Rehab and Repair Program, or the Down Payment Assistance Policy, call the number listed above, or visit: <https://sauk-suiattle.com/housing.html>

Medical and Behavioral Health Clinic 360-436-2210: Provides health care, social services, drug and alcohol prevention, aftercare rehabilitation, and alcohol counseling to children, youth, adults, and elders of our community in a manner that best reflects our cultural beliefs. General services include: Primary Healthcare, Mental Health Therapy, Substance Abuse Treatment, Referral Services, Medical Transport Services, Alternative Medicine, Traditional Healing, Diabetes Management Programs, and Community Health Representative Programs.

Social Services at the Health Clinic include: Native Employment, Works Program, Food Pantry, Low Income Home Energy Assistance Program (LIHEAP), and Life Skills groups. For more information, visit: <https://sauk-suiattle.com/HSS.html>

Substance Abuse Treatment Services 360-436-2237: We provide assessments and ASAM Level 1 and Level 2.1 outpatient treatment for both adults and youth, and work with Washington Superior and State Courts, Department of Social and Health Services, Indian Child Welfare, Child Protective Services, Youth Probation, and locally with Darrington Schools. For Medicaid clients, without their own transport, we can provide transport from home to treatment. For more information, visit: https://sauk-suiattle.com/hss_subst.html

Shoalwater Bay Tribe

shoalwaterbay-nsn.gov

Behavioral Health Program 360-267-8141: The Shoalwater Bay Indian Tribe Behavioral Health program strives to service our people and the community at large through teamwork that encourages personal growth in a safe environment. Services provided include Comprehensive Youth and Adult Evaluations, Weekly and Monthly Groups, Deferred Prosecution Program, Relapse Prevention, Individual Counseling, Group Counseling, Substance Abuse Counseling, and Referrals for other Outpatient Programs and Recovery Housing. For more information, visit: <https://www.shoalwaterbay-nsn.gov/departments/wellness-center/mental-health/>

Community Library 360-267-8269: The Shoalwater Bay Tribal Community Library provides access to the Timberland Regional Library system as well as computer and internet access for all Tribal and community members. For more information, visit: <https://www.shoalwaterbay-nsn.gov/departments/tribal-community-library/>

Culture and Heritage Department 360-267-8249 or 360-267-8130: The department works with the Shoalwater Bay Youth Program, Tribal Community and other groups at the Federal, State, and local levels to educate about our Tribal history from our perspective. For more information, visit: <https://www.shoalwaterbay-nsn.gov/departments/culture-and-heritage/>

Dental Clinic 360-267-8103: A variety of dental services are available at our clinic such as Emergency Access, Root Canals, Crowns and Bridges,

Dentures, Restoration Treatment, and Hygienist Staff for routine cleanings. For more information, visit: <https://www.shoalwaterbay-nsn.gov/departments/wellness-center/dental-clinic/>

Education Department 360-267-8197 or 360-267-8127: It is the mission of the Shoalwater Bay Education Department to provide our members with the highest quality educational opportunities possible. Services include the After School Program, Summer Youth Program, Youth Community Events, and many Scholarship opportunities. For more information, visit: <https://www.shoalwaterbay-nsn.gov/departments/education/>

Elders Lunch Program: Provides a nutritious meal every weekday for Shoalwater Bay Elders and the community to enjoy. For more information, visit: <https://www.shoalwaterbay-nsn.gov/departments/elders-lunch-program/>

Enrollment Department 360-267-8174 or 360-267-8172: For more information around enrollment and enrollment related services, contact the numbers above or visit: <https://www.shoalwaterbay-nsn.gov/about-the-tribe/tribal-enrollment/>

Housing Department 360-267-8186 or 360-267-8170: We monitor and maintain 34 homes located on Tribally owned land. We pursue and advocate for funding and resources for Tribal members. We provide financial expertise for potential homebuyers. For more information on services, call the number above or visit: <https://www.shoalwaterbay-nsn.gov/departments/housing/>

Human Resources 360-267-8109: Provides job opportunities, information, and services for Shoalwater Bay Tribal members. For more information, visit: <https://www.shoalwaterbay-nsn.gov/departments/human-relations/>

Medical Clinic 360-267-0119: The Shoalwater Bay Medical Clinic strives to provide high quality care that is culturally relevant to our Tribal members and the local community. Services include Laboratory, X-rays, Mammogram, Women's Health, Routine Physicals, Immunizations, Well Child Physicals, Sports Physicals, Diabetic Education, and Nutrition Counseling. For more information, visit: <https://www.shoalwaterbay-nsn.gov/departments/wellness-center/medical-clinic/>

Recreation and Fitness Center 360-267-8185: Shoalwater Bay Tribal members are ensured a quality health experience and the opportunity to participate in positive, healthy activities. For more information, or assistance in accessing services, visit: <https://www.shoalwaterbay-nsn.gov/departments/recreation-and-fitness/>

Social Services Department 360-267-8134: The Shoalwater Bay Indian Tribe's Social Services Department is a multi-faceted department which includes a number of diverse programs and offerings, such as Caregiver Support Services, Child Protection Services, Court Appointed Special Advocate, Crime Victim Claim Forms and Service Center, Crime Victim Services, Domestic Violence Intervention Services, Elder Services, Elder Transportation, Elder Protective Services, Emergency Protection, Services for Adult and Children, Food Distribution Program, Indian Child Welfare, Legal Services, Pre-School Assistance, Probation, Sex Offender Registration, Sexual Assault Services, Therapy for Victims, Veteran's Service, and Violence Prevention Activities. For more information, visit: <https://www.shoalwaterbay-nsn.gov/departments/social-services/>

Wellness Center 360-267-0119 or 800-841-2244: The Shoalwater Bay Indian Tribe, following its tradition and spirit of giving and sharing, promotes the health and wellbeing of American Indian/Alaska Native people who reside in Pacific County, Washington and surrounding counties where American Indian/Alaska Natives reside and also the non-Native individuals residing in the surrounding community who otherwise would have difficulty accessing care in this isolated rural area. For more information on services, visit: <https://www.shoalwaterbay-nsn.gov/departments/wellness-center/>

Willapa Bay Enterprises: To learn more about Willapa Bay Enterprises currently in operation, or coming soon, such as the Shoalwater Bay Early Learning Center, visit: <https://www.shoalwaterbay-nsn.gov/departments/tribal-enterprises/>

Skokomish Tribe

skokomish.org

Community Center 360-877-2627: Provides a clean, safe, and welcoming environment for our entire Twana Community. Our Mission is to build healthier families and a stronger community through programs and events related to Culture, Traditions, Education, Fitness, Recreation, Celebration, and Ceremonies. For more information, visit: <https://skokomish.org/communitycenter/>

Community Development 360-426-4232: Our mission is to help the Skokomish Tribal members thrive by securing and directing resources toward building a better community for the next generation. For more information, visit: <https://skokomish.org/community-development/>

Education Center 360-877-2460: Offering lifelong educational opportunities for all members of the Skokomish Indian Tribe. Some services include: Vocational Rehab Program, Western Washington Indian Employment and Training Program, Adult and Higher Education Services, Mentoring and Tutoring, Library and Computer Lab, and General Education Development. For more information, visit: <https://skokomish.org/education/>

Enrollment Services: All Tribes set their own criteria for enrollment. For more information, contact the front desk at 360-426-4232.

Housing Department 360-877-6748 ext. 2605: The Housing Department provides services for Skokomish Tribal members. Services include: Down Payment Assistance Program, Emergency Repair Program, Minor Elder Home Repair Program, and the Housing Wait List. For more information, visit: <https://skokomish.org/housing/>

Skokomish Wellness Center 360-426-5755: The Skokomish Health Center staff will provide quality services to the people of our community to help them achieve a balanced physical, emotional, mental and spiritual way of life. For more information, visit: <https://skokomish.org/health-clinic/>

- Behavioral Health 360-426-5755: The Behavioral Health Department provides the following services at the Skokomish Wellness Center: Mental Health Outpatient Services (for all ages), Family Counseling, Peer Supports, Outpatient and Intensive Outpatient Substance Use Disorder Services, DUI Services, Involuntary Court Ordered Services, and Psychiatric Medication Management.
- Dental 360-426-5755 ext. 2114: The Dental Department provides the following services at the Skokomish Wellness Center: Standard Dental Services and Procedures, Partial Dentures, and Full Dentures.
- Indian Child Welfare Department 360-426-5755: The Indian Child Welfare Department provides ICW case management services for Tribal members.
- Medical 360-426-5755: The Medical Department provides the following services at the Skokomish Wellness Center: Primary Care, Family Practice, Women's Wellness, Colon Cancer Screening, Pre-Diabetes and Diabetes Programs, Podiatry, Chiropractic, Purchased/Referred Care, and Transportation Services.
- Tribal Victims Assistance Program 360-426-5755 ext. 2148: The Tribal Victims Assistance Program provides victim services for Tribal members.

Tuwadug Family Services 360-426-7788: Tuwadug Family Services is dedicated to the promotion of social, mental, emotional, and spiritual well-being of the present and future generations. Services include: Social Services Management, Family Violence Services, Vocational Rehabilitation, General Assistance Program, Garden Program, Women Infant and Children (WIC) Program, and the Elder Luncheon Program. For more information, visit: <https://skokomish.org/tuwadug-family/>

Workforce Development 360-877-2200: Skokomish workforce development will assist Native families with the tools necessary to promote the empowerment of Native families to become self-sufficient so they can support and nurture themselves, their children, and the community. For more information on programs available, visit: <https://skokomish.org/workforce-development/>

Snoqualmie Tribe

snoqualmietribe.us

Appointment Request: Use this form to request an appointment with a specific department on the Snoqualmie Tribal Campus. The form is at: <https://snoqualmietribeforms.us/appointment/>

Community Services: The Snoqualmie Indian Tribe offers resources available to community members, donates to local charities, and provides volunteer opportunities. For more information, visit: <https://snoqualmietribe.us/communityservices/>

Education Department 425-888-6551 ext. 1119: The Snoqualmie Tribe's Education Department supports Tribal Member life-long learning, from cradle to elder. Services include General Welfare Homeschooling, Early Education, Adult Learning, K-12 Education, Early Learning Program, Higher Education, and Graduation Regalia. For more information, visit: <https://snoqualmietribe.us/education/>

Elder Care Program 425-888-6551 ext. 4040: The goal of the Snoqualmie Tribal Elder Care Program is to promote the health and wellbeing of Snoqualmie Tribal Elders by assisting elders maintain health, a good quality of life and an independent lifestyle. For more information on specific services and programs available, visit: <https://snoqualmietribe.us/health-wellness/>

Enrollment Department 425-888-6551 option 3: For more information around enrollment and enrollment related services, contact the number above or visit: <https://snoqualmietribe.us/enrollment/>

Events Calendar: The Events Calendar is regularly updated with events and programs happening each month. Find the Events Calendar here: <https://snoqualmietribe.us/events/>

General Resources Department: The General Resources Department of the Snoqualmie Tribal Government administers benefits of Snoqualmie Tribal Members. Services and programs include a variety of General Welfare Programs, Covid-19 Test Kits, Gas Discount Cards, In-Home Healthcare, Tribal Emergency Food Assistance Voucher Program, Emergency Assistance Program, Home Repair and Improvement Assistance, Down Payment Assistance, Low Income Home Energy Assistance Program, Housing and Stability Program, Mortgage Relief and Homeowners Assistance, Elders Birthday Gifts, General Welfare Childcare, Childcare Development Fund, KidVantage NW, Funeral and Burial Services, and Funeral Attendance Assistance. For more information, visit: <https://snoqualmietribe.us/benefits/>

Non-Emergency Medical Transportation 425-888-6551 ext. 1501: Proudly offering non-emergency transportation to and from your scheduled medical, dental, chemical dependency, and mental health appointments between the hours of 9am and 5 p.m. Monday through Friday. For more information, visit: <https://snoqualmietribe.us/health-wellness/>

Purchased/Referred Care 425-888-6551: Empowering the Snoqualmie Tribal members to achieve their healthcare goals and increase their quality of life by reducing financial barriers associated with the high costs of healthcare. We do this by working with your medical providers to cover your eligible out-of-pocket costs. For more information, visit: <https://snoqualmietribe.us/health-wellness/>

Snoqualmie Behavioral Health Services 425-831-5425: Snoqualmie Behavioral Health Services provides a wide spectrum of individual and group outpatient mental health services and substance use disorder treatment via in person, telephone, or tele-health through virtual means. For more information on specific services and programs available, visit: <https://snoqualmietribe.us/health-wellness/>

Snoqualmie Indian Child Welfare 425-888-6551 ext. 6232: Provides child welfare services to Snoqualmie children and their families. Services

include Joint Child Protective Investigations with DCYF, Case Management, Tribal Court services, Placement services, and Advocacy services. For more information, visit: <https://snoqualmietribe.us/icw/>

Snoqualmie Tribal Sponsorship: Snoqualmie Casino & Hotel is excited to support adult Snoqualmie Tribe members in activities and interests that have the potential of advancing the casino's profile in the community, region and nation. Each year, Snoqualmie Casino will commit funding on an annual basis to support Snoqualmie Tribe sponsorship opportunities. Sponsorships are open to Snoqualmie Tribe Members that are 21 years of age or older. For more information, visit: <https://www.snocasino.com/forms/tribal-sponsorship>

Traditional Cultural and Recreation: The Tribe's Traditional Cultural and Recreation (TCR) Program covers a variety of benefits and services for Tribal Members. These include Traditional Cultural Recreation, Ticketing for Sporting Events, Snoqualmie Tribal Flags, Elder Parking Permits, Snoqualmie Park and State Parking Passes, Eagle Parts for Native American Religious Purposes, Canoe Journey Transportation and Lodging Assistance, and Tribal Fishing, Hunting, and Gathering Sales Tax Exemption. For more information, visit: <https://snoqualmietribe.us/tcr/>

Tribal Veterans Information and Benefits: The following services and programs are provided for Snoqualmie Tribal Veterans: The PACT Act, Veterans Healthcare Program In-Home Care, Snoqualmie Casino Valor Crescent Club Care, Copay Exemption, Vehicle Ride Share Program, and other resources. For more information, visit: <https://snoqualmietribe.us/tribal-veterans/>

Spokane Tribe

spokanetribe.com

Behavioral Health 509-606-2764: Provides comprehensive behavioral health services that improve and support the mental, emotional, spiritual health, and wellbeing of American Indians, Alaska Natives, and residents of the surrounding communities. Services include Assessment and Diagnosis, Brief Intervention Treatment, Crisis Outreach, Group Counseling, Individual Counseling, LRA or Conditional Release Support, Psychiatry, Psychological Evaluation and Testing, Rehabilitative Case Management, Detox Referrals, Medication Assisted Therapy, DUI Assessment and Referral, Substance Use Disorder Assessment and Referral, and Level 1.0 Outpatient Counseling

Services. For more information about services and resources, visit: <https://www.spokanetribe.com/government/health-and-human-services/behavioral-health/>

David C. Wynecoop Memorial Clinic (Medical) 509-258-4517 ext.

4100: The DCWMC primarily serves the ambulatory needs of the Spokane Tribe. Services include medical and dental, in-house Pharmacy for patients of the DCWMC. DCWMC offers several specialty clinics including Podiatry, Women's Health, Diabetes Care and expanding to others in the future. For more information, visit: <https://www.ihs.gov/portland/healthcarefacilities/wellpinit/>

Early Learning Center 509-818-1437: The Spokane Tribe operates both the TANF Children's Center and the Pauline Stearns Early Learning Center to provide Tribal members with Childcare Services and Early Childhood Education and Assistance Programs. For more information, visit: <https://www.spokanetribe.com/government/tanf/early-learning-center/>

Education Department 509-458-8009: The Tribe's objectives in regard to education is to provide financial assistance and student services to eligible Spokane Tribal Members who wish to further their education by attending institutions of higher learning or vocational training. Some of the programs available include the Higher Education Program, Adult Vocational Training, the 477 Internship Program, the Johnson O'Malley Program for PreK-12th grade students, and other Tribal scholarships. For more information, visit: <https://www.spokanetribe.com/government/tanf/education/>

Enrollment Office 509-458-6523: Spokane Tribal Enrollment Office offers services to enrolled Spokane Tribal Members and those applying for membership. For more information, visit: <https://www.spokanetribe.com/government/administration/>

Family/Domestic Violence Program 509-258-8924: Provides services for Tribal members who have been victims of, or experienced, crime, family violence, and/or domestic violence. For more information, contact the number above or visit: <https://www.spokanetribe.com/government/health-and-human-services/family-violence-domestic-violence-program/>

Head Start 509-258-7229: Children of the Sun Head Start is a comprehensive program designed to serve families with preschool children. Head Start provides opportunities for children to grow, discover, achieve and gain skills. Head Start prepares children for kindergarten. For more information, visit: <https://www.spokanetribe.com/government/tanf/headstart/>

Human Resources 509-458-6569: Spokane Tribe Human Resources Department has oversight of the entire hiring process for the Spokane Tribe of Indians and corresponding Tribal programs. For more information, visit: <https://www.spokanetribe.com/government/administration/#hr>

Indian Child Welfare 509-606-2018: Provides quality preventative child welfare services, that ensure the protection of children, and the preservation of families in a culturally appropriate manner. Eligibility Criteria: Tribal member or community member residing within the service area of the reservation. For more information, visit: <https://www.spokanetribe.com/government/health-and-human-services/indian-child-welfare/>

Prevention Program 509-606-2018 ext. 619: Spokane Tribe of Indians, Health and Human Services Prevention Program is dedicated to the community. Each team member strives daily to serve our people by bringing our unique, individual gifts, qualities and expertise to the Prevention Program. For more information on services available, visit: <https://www.spokanetribe.com/government/health-and-human-services/prevention/>

Senior Program 509-258-7129 or 509-675-0901: Provides Senior and Elder services to the Spokane Tribal community. Some of the services include Senior Meal Program, Senior Center and Activities, LifeLine Phone and Internet Program, and Caregiver Support. For more information, visit: <https://www.spokanetribe.com/government/health-and-human-services/senior-elder-programs/>

Social Services 509-606-2018: The Spokane Tribe operates Social Services and Programs including Foster Care Licensing, Elder Care Coordination, Community Health Representative Services, and Social Service Coordination. For more information, visit: <https://www.spokanetribe.com/government/health-and-human-services/social-services/#top>

Spokane Tribal Health 509-606-2018: The Spokane Tribal Health Department consists of two programs: the Special Diabetes Program for Indians (SDPI) and the Health Education Program. For more information regarding either of these programs and their services, visit: <https://www.spokanetribe.com/government/health-and-human-services/special-diabetes-health-education/>

Transit Services 509-458-6549: To learn more about Transit Services available to community members, visit:

<https://www.spokanetribe.com/resources/dnr/transit-services/>

VFW Post 10711 509-258-7331: Veterans Post 10711 program representative can assist veterans with various items including filing VA paperwork, assistance with developing and writing up resumes and has computers available if needed to research jobs. For more information, visit:

<https://www.spokanetribe.com/government/administration/>

Vocational Rehabilitation 509-606-2018: Spokane Tribe Vocational Rehabilitation Program reaches its vision by providing quality Vocational Rehabilitation Services to eligible participants in a timely manner, empowering participants to achieve maximum employability and economic independence. For more information, visit:

<https://www.spokanetribe.com/government/health-and-human-services/vocational-rehabilitation/>

Wellbriety Movement 509-606-2764: Disseminating culturally based principles, values, and teachings to support healthy community development and servant leadership, and to support healing from alcohol, substance abuse, co-occurring disorders, and intergenerational trauma. For information on local meeting times and locations, visit:

<https://www.spokanetribe.com/government/health-and-human-services/behavioral-health/wellbriety-meetings/>

Women Infant and Children (WIC) Program 509-606-2018: The Special Supplemental Nutrition Program for Women, Infants, and Children – better known as the WIC program – serves to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating including breastfeeding promotion and support, and referrals to health care. For more information, visit: <https://www.spokanetribe.com/government/health-and-human-services/w-i-c/>

Youth Employment 509-818-1426: Our mission is to provide a platform for the youth to gain job experience, discover their own strengths, learn important business tools, and earn money – All in an effort to set the youth up for success in their future endeavors. Moving our people – Our Youth – Our future towards self-sufficiency. For more information, visit:

<https://www.spokanetribe.com/government/tanf/youth-employment/>

Squaxin Island Tribe

www.squaxinland.org

Adults, Elders, and Family Services 360-432-3906: Adults, Elders, and Family Services include: Community Services Block Grant, Elders Program, Emergency Assistance, Family Justice Program, Family Violence Victim Assistance, General Assistance, Native Employment Works, Tribal Emergency Food Vouchers, Tribes Assisting Native Families, Victims of Crimes Assistance Program, Vocational Rehabilitation Program, and Western Washington Indian Employment Training Program. For more information and for contact information regarding these services, visit:

<https://squaxinland.org/government/departments/family-services/adults-elders-and-family-services/>

Child Development Center 360-426-1390: The Squaxin Island Tribe operates the Child Development Center which offers Early Head Start and Early Childhood Education and Assistance Programs (ECEAP). For more information, visit: <https://squaxinland.org/community/child-Development-center/>

Community Support/Collaborative Services 360-432-3906:

Community Support/Collaborative Services include Celebration of Life, Clothing Bank, Community Kitchen, Domestic Violence Project, Food Bank, Food Distribution Program, Job Placement Collaboration, Low Income Home Energy Assistance Program (LIHEAP), and Women, Infants, and Children (WIC) Program. For more information, visit:

<https://squaxinland.org/government/departments/family-services/community-support-collaborative-services/>

Enrollment 360-432-3923: For questions regarding enrollment, obtaining a Tribal I.D. card, or address changes, contact the number above or use the form available at: <https://squaxinland.org/government/enrollment/>

Human Resources: The Human Resources Department strives to reach maximum employment of Tribal members by identifying and posting job opportunities both inside and outside of the Tribal government. For more information, and employment opportunities, visit:

<https://squaxinland.org/government/departments/human-resources/>

Infant and Youth Services 360-432-3906: Infant and Youth Services include: Child Care Program, Healthy Families Program, Indian Child Welfare, Prevention and Wellness, TANF-ICW, TANF Child Only, and Independent Living Skills. For more information and for contact information regarding these services, visit:

<https://squaxinland.org/government/departments/family-services/infant-and-youth-services/>

Squaxin Island Health Clinic: The Squaxin Island Tribe operates a health clinic which provides many Medical, Dental, and Behavioral Health services. For more information, contact the office or service below, or visit:

<https://squaxinland.org/government/departments/health-clinic/>

Main Clinic:	360-427-9006
Dental:	360-432-3881
Pharmacy:	360-432-3990
Nutrition and Diabetes Prevention & Treatment:	360-432-3595
PRC – Purchase/Referred Care:	360-432-3922
Women’s Health:	360-432-3930
Tobacco Cessation:	360-432-3933
Behavioral Health:	360-426-1582

Squaxin Transit 360-432-3951: Free public transit operated by the Squaxin Island Tribe Monday through Friday. For more information, visit:

<https://squaxinland.org/squaxin-transit/>

Tu’Ha Buts Youth Center: The Tu’Ha Buts Youth Center provides Higher Education, Homework Helpers, K-12 Resources, Student Advocates, and Teen Programs. For more information, visit:

<https://squaxinland.org/government/departments/youth-center/>

Stillaguamish Tribe

stillaguamish.com

Behavioral Health Programs 360-435-3985: BHP offers a full adult program for mental health and substance use treatment, open to anyone in the community. Stillaguamish Tribal Members are offered priority if they choose to receive care at BHP. Services include individual and group counseling, legal/DUI assessments, culturally focused support groups, medication assisted treatment (MAT) options, and psychiatric prescription

services. For more information, visit:

<https://www.stillaguamish.com/departmentservice/behavioral-health-programs/>

Community Contributions Program: The Community Contributions Program provides certain funding opportunities for Grants, Charitable Donations, Tribal Community Funds, Gambling Treatment, and Smoking Cessation Programs. For more information, visit:

<https://www.stillaguamish.com/departmentservice/community-contributions/>

Courts and Justice Services 425-535-5951: The Stillaguamish Tribal Court is a necessary function of government as required by the Tribe's constitution and more importantly, to provide for the health, safety, and welfare of Tribal members and visitors to their lands. For more information, petitions, forms, and other resources, visit:

<https://www.stillaguamish.com/departmentservice/courts-and-justice/>

Cultural Resources Department 360-631-5586: The mission of the Stillaguamish Tribe Cultural Resources Department is to PRESERVE the past, CELEBRATE the present and PROTECT the future by organizing enriching cultural experiences that engage our Tribal community. For more information on programs and events, visit:

<https://www.stillaguamish.com/departmentservice/cultural-resources/>

Daycare Program 360-631-5583: The Stillaguamish Tribe of Indians Daycare Program is dedicated to providing our children with the best possible day care services: Meals, Activities, Toys, Playground, and Books. For more information, visit:

<https://www.stillaguamish.com/departmentservice/daycare-2/>

Elder's Program 360-631-5591: Our Elders are our teachers. They have endured so many hardships and they have thrived despite tremendous obstacles. Today, we are proud to be able to offer our Elders special services and show them how much we appreciate and love them. For more information on services available, contact the number above or visit:

<https://www.stillaguamish.com/departmentservice/elders-program/>

Enrollment Department: To contact the Enrollment Department of the Stillaguamish Tribe, call: 360-652-7362.

Family Resources Department 360-572-3555: Family means everything to us. All of the sacrifices our ancestors gave was to make sure that our future generations were taken care of. Today, we offer many services to help each and every family at Stillaguamish Tribe of Indians. For more

information on services available, contact the number above or visit:
<https://www.stillaguamish.com/departmentprogramservice/family-resources-department/>

Housing Department 360-572-3019 or 360-572-3018: The Stillaguamish Tribe Housing Department manages all Stillaguamish Tribal properties that are considered Tribal housing. In October 2020, the Housing Department completed the new Stillaguamish Village project located at the Stillaguamish Tribal Center. This project consists of 5 single family houses, 6 Elder's cottage units and an Elder's longhouse which has 6 units. For more information on services available, contact the number above or visit:
<https://www.stillaguamish.com/departmentprogramservice/housing-department/>

Human Resources Department 360-652-7362: The Human Resources department seeks to achieve the mission and goals of the Stillaguamish Tribe of Indians by hiring and retaining the most qualified employees to serve the growing needs of our company. For more information on job openings, visit: <https://www.stillaguamish.com/departmentprogramservice/human-resources-department/>

Indian Child Welfare 360-572-3565: Our children are the most precious resource we have. Their protection and security are paramount. The Indian Child Welfare Act gives the Stillaguamish Tribal government a stronger voice concerning any child custody proceeding that involve our children. Our goal is to ensure that we place our children with a Stillaguamish family. For more information on services available, contact the number above or visit:
<https://www.stillaguamish.com/departmentprogramservice/indian-child-welfare/>

Island Crossing Counseling Services 360-652-9640: The mission of ICCS is to assist individuals, families and the community to achieve a lifestyle of recovery and health. Our ultimate goal is to develop a community in which clean and sober, healthy living is the norm, and all members of the community accept individual responsibility. For more information on services available, contact the number above or visit:
<https://www.stillaguamish.com/departmentprogramservice/island-crossing-counseling-services/>

Massage Therapy Clinic 360-474-1542: We are committed to restoring our client's health and well being through massage therapy and bodywork. Our highly-trained and experienced staff will tailor treatments to your individual needs while providing a comfortable and safe environment. For more information on services available, contact the number above or visit:
<https://www.stillaguamish.com/departmentprogramservice/massage-clinic/>

North Intertribal Vocational Rehab Program 360-671-7626: The North Intertribal Vocational Rehabilitation Program (NIVRP) has been serving the Nooksack, Sauk-Suiattle, Stillaguamish, Swinomish, Tulalip and Upper Skagit communities since 1997. NIVRP staff can help you: Evaluate your disability, help you to choose an employment goal which best suits your abilities and interests, and once you have chosen an employment goal, we can help you. For more information, visit:

<https://www.stillaguamish.com/departmentprogramservice/north-intertribal-vocational-rehabilitation-program/>

Transportation Department 360-629-0503: Stillaguamish Tribal Transit Services is a transportation service offered by the Stillaguamish Tribe of Indians. STTS provides transportation services to a variety of Native and non-Native individuals who need to travel to businesses and facilities, or other service facilities in the north Snohomish County area. For more information, visit:

<https://www.stillaguamish.com/departmentprogramservice/transportation-department/>

Wellness Clinic 360-435-9338: The Stillaguamish Tribe Wellness Clinic is open to Stillaguamish Tribal Members and their families, other enrolled Native Americans, and Tribal Employees. For more information on services available, contact the number above or visit:

<https://www.stillaguamish.com/departmentprogramservice/wellness-clinic/>

Youth Services Department 360-631-5592: Our mission is what drives us: to provide safe, inclusive, rigorous and healthy opportunities for Stillaguamish youth to grow academically, emotionally and socially. For more information on services available, contact the number above or visit:

<https://www.stillaguamish.com/departmentprogramservice/youth-services-department/>

Suquamish Tribe

suquamish.nsn.us

Basic Needs Program 360-394-8465: The Basic Needs Program provides an umbrella of services for Tribal members and their families to help get through hard times. This includes food and gas vouchers, Hardship Assistance, Emergency Assistance, Assistance Based on Need (ABON), holiday support for families in need, and help with funeral arrangements, to name a few. For more contact information, or more information on services, visit: <https://suquamish.nsn.us/home/departments/human-services/basic-needs/>

Careers: The Careers Department has a strong commitment to provide employees with a positive, productive work environment with opportunities for personal satisfaction and growth in a safe, healthy, and harmonious work environment. The Suquamish Tribal Government employs staff in the areas of Administration, Human Resources, Community Development, Early Learning, Education, Finance, Fisheries, Human Services, Health Benefits, Indian Child Welfare, Information Systems, Legal, Maintenance, Natural Resources, Public Safety, and Tribal Court. For more information, visit: <https://suquamish.nsn.us/home/careers/>

Child Support Services 360-394-7113 or 360-394-8527: The Suquamish Child Support Enforcement Office (SCSEO) has the best interest of the children we serve as the primary goal when providing child support services. SCSEO works to ensure that all children have access to the financial, cultural, and family support that they are entitled to receive. For more information, visit: <https://suquamish.nsn.us/home/departments/human-services/child-support-services/>

Child Welfare 360-394-8480: Suquamish Tribal Child Welfare is dedicated to promoting family unity and providing preventative services that support healthy and safe children. We are focused on removing the threat to safety, and not the child, whenever possible. We are a resource for families who may be experiencing a challenging time and seeking family and parenting supports. For more information, visit: <https://suquamish.nsn.us/home/departments/human-services/tribal-child-welfare/>

Community Health 360-394-8469: Our Community Health team uses non-clinical approaches for improving health and navigating barriers within the health system. We also focus on preventing disease and reducing health disparities. This is accomplished by addressing social, behavioral, environmental, economic, and medical factors throughout our community, its members, and their families. For more information, visit: <https://suquamish.nsn.us/health-division/community-health/>

Education Division: The Education Division of the Suquamish Tribe provides many services to support a lifetime of learning. See below for specific programs available.

- Early Learning Center 360-394-8578: Enhancing school readiness for young children by ensuring quality services which are comprehensive, integrated, and family focused. For more information, visit: <https://suquamish.nsn.us/home/departments/education1/elc/>

- Chief Kitsap Academy 360-394-8566: Committed to delivering culturally based learning environments that prepare each student for a successful future. For more information, visit: <https://suquamish.nsn.us/home/departments/education1/ckacademy/>
- Higher Education: Suquamish Higher Education offers support services and funding to enrolled Suquamish Tribal Members meeting eligibility requirements with their educational goals. For more information, visit: <https://suquamish.nsn.us/home/departments/education1/higher-education/>
- Academic Coaches: Provides Academic Coaching services for Elementary, Middle, and High School students. For more information, visit: <https://suquamish.nsn.us/home/departments/education1/>

Elders Program 360-394-8472: The purpose of the Elders Program is to provide services that will allow Tribal Elders to live a healthy and content life. The program coordinates health, social and cultural services for Tribal Elders and spouses throughout the year. For more contact information, or more information on services, visit:

<https://suquamish.nsn.us/home/departments/human-services/elders-program/>

- Elders Lunch Program: For the Elders Lunch Program, contact the lunchroom at 360-394-8407 or visit: <https://suquamish.nsn.us/home/departments/human-services/elders-lunch-program/>

Enrollment Office: The Suquamish Tribal Enrollment Office processes enrollment applications for membership in the Suquamish Tribe. It also handles lineage testing for Enrollment, as well as licensing qualified Tribal members for salmon or shellfish harvesting activities. For information on contacting the Enrollment Office, visit: <https://suquamish.nsn.us/home/contact/>

Family and Friends Center 360-394-8576: The Family & Friends Center promotes healthy lifestyles for Tribal members, descendants, and the community through daily activities that range from arts and crafts to cultural workshops and leadership Development. Programs include After School Activities, Youth Council, and Study Tables. For more information, visit: <https://suquamish.nsn.us/home/departments/familyandfriends/>

Fitness Center 360-394-7142: The Fitness Center provides a fun, safe, and clean atmosphere for Tribal Members to accomplish their fitness goals. For more information, visit: <https://suquamish.nsn.us/health-division/fitness-center/>

Grants and Giving Program 360-394-8453: The Suquamish Tribe is committed to supporting non-profit programs that improve the lives of those

living in Kitsap County and the greater Puget Sound Area. There are four distinct giving programs within Suquamish organizations where funds are donated and raised for area non-profit programs. For more information, visit: <https://suquamish.nsn.us/home/suq-foundation/grant-programs/>

Healing House 360-394-1350: Primary Care services and the Health Benefits Program are both located in the Healing House. Primary Care services include Child, Teen, and Adult Check-ups, Family Counseling, Medication Assisted Therapy, Treatment and Management for Chronic Diseases such as Diabetes, and many other services. The Health Benefits Program helps Suquamish Tribal Members in navigating the healthcare landscape and accessing the care they need. For more information, visit: <https://suquamish.nsn.us/health-division/healing-house/>

Social Services Program 360-394-8657 or 360-900-7573: In an effort to meet the general well-being of Tribal members and their families, the Social Services Programs at the Human Services Department strive to assist Tribal members with a wide array of services through various grants and Tribally funded programs. For more contact information, or more information on services, visit: <https://suquamish.nsn.us/home/departments/human-services/social-services/>

Tribal Housing 360-394-8432: The Community Development Department manages Tribal Housing services, such as Home Ownership Programs, Rental Programs, Home Buying Counseling, Housing Development Clean-Up Project, Inspections, Water Quality Reports, and Maintenance. For more information, visit: <https://suquamish.nsn.us/home/departments/community-Development1/tribal-housing/>

Wellness Center: The Suquamish Tribe Wellness Center assists our community members in overcoming obstacles that hinder growth throughout their life's journey. Some of the services offered include Chemical Dependency Assessments and Referrals to Programs, Mental Health Counseling for Children and Adults, Victims Services and Advocacy, Problem Gambling Services, Prevention and Outreach Services, and Transportation Services. For contact information, and more information on services, visit: <https://suquamish.nsn.us/home/departments/wellness-center/>

Women, Infant, and Children Nutrition Programs 360-394-8473: WIC is a supplemental food program for women who are pregnant or breastfeeding and also includes infants and children under the age of 5. WIC is administered on a federal level, state level, and all the way down to local

agencies and Tribal governments, like ours. The Suquamish WIC staff provides services to all Suquamish Tribal Members and their families residing in Kitsap County. We also serve members of other federally recognized Tribes, as long as they also reside within the Port Madison Indian Reservation. For more information, visit: <https://suquamish.nsn.us/health-division/wic/>

Work Force 477 Program 360-394-7183: The purpose of the 477 program is to identify barriers and help unemployed, underemployed or low-income individuals and families obtain employment. 477 program seeks to place participants in occupations that provide livable wages and lead to self-sufficiency. For more contact information, or more information on services, visit: <https://suquamish.nsn.us/home/departments/human-services/workforce/>

Swinomish Tribe

swinomish.org

Behavioral Health: Our counselors provide many services, including trauma-informed individual and group counseling, school counseling and support, social work/case management, and family counseling. Some therapies we utilize include Cognitive Behavioral Therapy (CBT), Eye Movement and Desensitization Reprocessing (EMDR), Art Therapy, Client Centered Humanistic Therapy, and Dialectical Behavior Therapy (DBT). Other programs include the Circle of Care, Youth Spirit Program, and Native Connections. For more information, contact the number below, or visit: <https://www.swinomish-nsn.gov/health-and-wellness/page/behavioral-health>

Confidential Line for a Counselor to return your call: 360-466-7375
Front Office and Appointments: 360-466-3167

Community Environmental Health: The Swinomish Community Environmental Health Program provides online information about Indigenous Health Indicators, the 13 Moons Curriculum, and information about the 13 Moons Community Garden which is shared with the community. For more information, visit: <https://www.swinomish-nsn.gov/health-and-wellness/page/community-environmental-health>

Defense Services 360-527-6100: Mission: To provide diligent, zealous and respectful client-centered legal representation at all stages of criminal proceedings in Swinomish Tribal Court. To explore alternatives to a retribution-based criminal justice system and work to mitigate the economic

and social impacts of the criminal justice system on the community. To provide information to the community about constitutional rights and responsibilities. For more information, visit: <https://www.swinomish-nsn.gov/legal/page/defense-services>

Didgwálic Wellness Center 360-588-2800: Our primary goal is to provide the community with quality health care solutions to today's substance abuse disorder and mental health challenges. Services offered include Substance Use Disorder (SUD) Counseling, Mental Health Counseling, Psychiatric Medication Management, Primary Medical Care, Gambling Counseling, Medication Assisted Therapies (Suboxone, Vivitrol, Methadone), DUI/Deferred Prosecution, Client Support Services, Free Transportation, Onsite Child Watch, Case Management & Referrals, Transitional Housing, and Dental. For more information, visit: <https://www.didgwalic.com/index.html>

Domestic Violence Services: Domestic Violence services provided by the Swinomish Tribe include the Domestic Violence Shelter, Victim Counseling Services, and Emergency Financial Assistance. Contact the number below for more information, or visit: <https://www.swinomish-nsn.gov/health-and-wellness/page/domestic-violence>

Emergency Financial Assistance:	360-466-7222
Swinomish Domestic Violence Shelter:	
Program Manager:	360-542-7626 or 360-391-0773
Shelter Advocate:	360-708-4432
Victim Counseling Services:	360-466-7375

Education Department: The comprehensive Swinomish Education Department serves the educational needs of our members in many different areas including the following: Toddler and Preschool, Para-pros Support and Advocacy, High School+ and GED, Out of District Student Advocacy, Mastery Based Learning Opportunities, and Swinomish Scholarships. For more information, and contact information, visit: <https://www.swinomish-nsn.gov/education>

Enrollment Office and Committee 360-588-3449 or 360-466-7211: The Enrollment Committee meets on the second Tuesday of each month for discussion and to review enrollment applications. The General Council votes on Enrollment Committee membership recommendations at the Swinomish General Council meeting held annually. Approved individuals participate in a

formal swearing in ceremony. For more information, visit:
<https://www.swinomish-nsn.gov/enrollment-board/page/enrollment>

Family Services 360-466-7222 or 360-466-7214: Program support includes: Support for children, families, and individuals who are experiencing family violence and/or abuse and related issues. Ensure the legal rights and best interests of Swinomish children are protected. Assist Tribal members who fall under the jurisdiction of the Swinomish Tribal Court with domestic violence protection orders, custody and parenting plans, guardianships, and dissolutions. For more information, visit: <https://www.swinomish-nsn.gov/health-and-wellness/page/family-services>

Fitness Center 360-466-3160: The Swinomish Fitness Center provides a variety of equipment that includes cardio machines, free weights, universal gym, Smith machine, and fitness DVDs. The Fitness Center staff can work with you to design a program fitted to your personal needs. Various fitness programs are offered throughout the year. For more information, visit: <https://www.swinomish-nsn.gov/health-and-wellness/page/fitness-center>

Housing Authority 360-466-4081 or 360-466-7223: The Swinomish Housing Authority manages affordable rental and homebuyer units for income-qualified members of the Swinomish Indian Tribal Community. The housing units are owned by the Housing Authority and are located on the Swinomish Reservation and in the Town of La Conner. Life skills education and general social service referrals are also provided. For more information, visit: <https://www.swinomish-nsn.gov/housing>

Medical Clinic 360-466-3167: The Swinomish Medical Clinic offers a full spectrum of health care services for all ages, from infants to elders, and is available to serve all enrolled Native Americans from federally recognized Tribes. The clinic handles most medical needs onsite, including: vaccinations, blood tests, stitches, biopsies, and other general medical issues. The clinic also offers services for chronic and more complicated medical issues. For more information, visit: <https://www.swinomish-nsn.gov/health-and-wellness/page/medical-clinic>

Social Services: The Social Services Department includes programs such as Low-Income Home Energy Assistance Program (LIHEAP), Commodity Delivery, Elder Monthly Stipends, Senior Services and Programs (Daily Lunch, Crafts and Activities, other Elder needs), and Elders Meals on Wheels. Contact the number below, or visit: <https://www.swinomish-nsn.gov/child-family-and-senior-services/page/social-services>

LIHEAP, Commodity Delivery, and Elder Monthly Stipends: 360-466-7218
Senior Services: 360-499-4056
Elders Meals on Wheels: 360-661-2384

Swinomish Boys and Girls Club 360-466-7337: The Swinomish Boys & Girls Club helps to provide activities for youth to prevent drug and alcohol use. We offer after school study hall, an art room, a computer lab and the gym floor is provided after school and during summer hours. At summer camp we take the youth out daily to lakes, beaches, water parks, skating, and more. For more information, visit: <https://bgcsc.org/clubs/swinomish-club/>

Swinomish Dental 360-466-3900: The Swinomish Dental Clinic serves as an integral part of the Swinomish Indian Tribal Community, providing services to eligible patients in the diagnosis, treatment, and prevention of oral disease. Treatment offerings include emergency care, preventative services, oral surgery (extractions), restorative procedures (fillings, crowns, bridges), root canal therapy, and prosthetics (dentures). For more information, visit: <https://www.swinomish-nsn.gov/health-and-wellness/page/swinomish-dental>

Tribal Employment Rights Office 360-466-7232: TERO is an acronym for Tribal employment Rights Office or Ordinance. The Swinomish Tribal Community is considered a TERO Tribe. We are a member of a National Organization called Council for Tribal Employment Rights. For current job openings, or information on TERO referral applications, or to register your Native American owned business, visit: <https://www.swinomish-nsn.gov/human-resources/page/tribal-employment-rights-office-tero>

Women, Infant and Children Nutrition Program 360-466-7269: Women, Infants and Children (WIC) provides free healthy foods, breastfeeding and pumping support, nutrition education, and referrals to other services. WIC is available for income-eligible pregnant and postpartum women, breastfeeding moms, and children under five. Dads, grandparents, foster parents, and anyone raising kids under five can apply for and receive support for the children in their care. For more information, visit: <https://www.swinomish-nsn.gov/child-family-and-senior-services/page/nutrition-program-women-infants-and-children-wic>

Workforce Development 360-708-2976: We are passionate about helping Swinomish Community members achieve their full potential in the modern workforce by providing the tools, knowledge, and opportunities they need to excel. The Workforce Development Department provides many

programs and services including Youth Programs, Between Two Worlds, Business Startup Incubation Program, Career Development Pathways, and Financial Coaching. For more information, visit: <https://www.swinomish-nsn.gov/education/page/workforce-development>

For Between Two Worlds youth program, visit: <https://www.swinomish-nsn.gov/education/page/between-two-worlds>

Youth Center 360-466-7337: The Swinomish Youth and Community Center provides a variety of opportunities for youth and the general community. These activities include afterschool snacks, study hall with tutors, arts and crafts activities that enhance cultural awareness and creativity. For more information, visit: <https://www.swinomish-nsn.gov/child-family-and-senior-services/page/youth-center>

Tulalip Tribes

www.tulaliptribes-nsn.gov

Boys and Girls Club 360-716-3400: The Tulalip Boys and Girls Club promotes the health, social, educational, vocational, and character development of boys and girls. Through before and after school programs, it aims to help young people improve their lives by building self-esteem, developing values, and teaching skills during critical periods of growth. For more information, visit: <https://www.tulaliptribes-nsn.gov/Residents/BoysAndGirlsClub>

Bədaʔčəł 360-716-3284: In Lushootseed, the traditional language of the Coastal Salish People, the word bədaʔčəł means our children. Bədaʔčəł has developed multiple programs for children and families and established many agency partnerships both on the reservation and in the larger community. Our services include: Prevention Work: Through Child Protective Services (CPS) to keep children and families together. Ongoing Case Management: For parents and youth in need of care. Placement Support Services: Linking caregivers to Tulalip resources. Visitation Services: For youth in need of care. Guardianship Social Workers: Connecting families with services, cultural, and family support. Special Events: Such as a Christmas event for caregivers, parents, and youth. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/bedachelh>

Betty J. Taylor Early Learning Academy 360-716-4250: Our center, which sits on 4 acres overlooking Tulalip Bay, serves children from birth to

age 6. We're thrilled to announce that we now offer kindergarten in addition to our existing preschool and Montessori classes. BJTELA offers an Early Head Start program for children from birth to 3 years old and a preschool program for children aged 3 to 5. The preschool program includes different options, such as ECEAP and Montessori. BJTELA believes that every child should have access to quality education. Eligible students can attend school for free.

Caregiver Program 360-716-5663: Provides caregiving to homebound clients that support in-home care and assist families. For a full list of services and more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/CaregiverProgram>

Child Support Enforcement 360-716-4556: Strengthening families through promoting responsible parenting by enforcing child support orders and ensuring the needs of the children are met. For a full list of services and more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/ChildSupportEnforcement>

Children's Advocacy Center 360-716-5437: The Children's Advocacy Center (CAC) streamlines the investigation and prosecution of child abuse cases in a victim-centered, trauma-informed way. We do this by collaborating with those who may be involved in the case such as law enforcement agencies, forensic medical examiners, child welfare, and the legal system. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/ChildrensAdvocacyCenter>

Comprehensive Recovery Solutions 360-716-4827: Team of dedicated professionals whose primary mission is to coordinate resources in the Tulalip community to combat addiction homelessness and promote Recovery. Services provided include: Cold Weather Shelter during the cold weather under 36 degrees, After-care payment for Oxford housing 1st/Last/deposit payment for three months so the client can be financially stable after In-Patient Treatment, and 20 new Pallet Shelters on Rainwater Road that offer low barrier supportive housing. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/ComprehensiveRecoverySolutions>

Education Division 360-716-4909: The Tulalip Education Division is a comprehensive program that offers support and resources to the youth and families of the Tulalip community. Its sub-programs include Youth and Family Enrichment, Administration and Family Resources, Homework Support, Positive Youth Development, Higher Education, and the

Lushootseed Department. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/EducationDivision>

Elder Services 360-716-4689: The Elder Services Department provides numerous programs for Tulalip Elders. These include the Elders Home Assistance Program, Elder Support and Resource Center, Minor Home Repairs Program, and the Elder Protection and Vulnerable Adult Program. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/ElderServices>

Enrollment Department 360-716-4300: The Enrollment Department provides the following services: Tribal Enrollment, Tribal ID, Copies of Birth Certificates, SS Cards, Marriage Certificates, Family Trees, Notary, Enrollment Verification, Spousal ID, Tax Exempt Forms, and Enhanced Tulalip Tribal Cards. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/Enrollment>

Family Haven 360-716-3284: Through positive beliefs in families, while offering consistent support, we provide opportunities for youth and family wellness and empowerment. Services include the Teen Outreach Program, Life Skills Program, Intellectual or Developmental Disability Program for birth-18 years of age, Tulalip Tribal Moms Group, Parenting Classes, and the Family Spirit Home Visiting Program. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/FamilyHaven>

Funeral Services 360-716-4379: Carrying on from generation to generation our reserved ancestral and cultural traditions as a means to assist our membership in a time of need. For more information on funeral services available, visit: <https://www.tulaliptribes-nsn.gov/Dept/FuneralServices>

Higher Education 360-716-4888: The Tulalip Tribes are dedicated to supporting the educational aspirations of eligible Tribal members by providing funding and supportive services. For more information and required documents, visit: <https://www.tulaliptribes-nsn.gov/Dept/HigherEducation>

Housing Department 360-716-4580: If you are looking for housing on the Tulalip Reservation, Tulalip Housing can provide you with helpful information and resources. We have various housing options available, including affordable rentals and opportunities for homeownership. For more information on services, visit: <https://www.tulaliphousing.org/>

Legacy of Healing Advocacy Center 360-716-4100: Legacy of healing provides emotional support, advocacy, and legal assistance to adult victims and survivors of all crimes. Our community stands together to eliminate all

forms of abuse. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/LegacyOfHealing>

Minor Trust Accounts 360-716-4300: The Tulalip Tribes of Washington started an irrevocable trust account program for Tribal members ages 0-17 in November of 2004. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/MinorTrustAccounts>

Office of Reservation Attorney 360-716-4548: Provides information, referral and legal assistance to Tulalip Tribal members on minor matters where the assistance does not present an apparent conflict with the ORA's primary duty to provide legal counsel to the Tulalip Tribes. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/LegalReservationAttorney>

Recovery Resource Center 360-722-2255 or 360-913-7897: The Tulalip Recovery Resource Center is a gathering space for members of the recovery community. It houses several recovery-oriented programs designed to assist community members who have or are struggling with substance use disorder. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/RecoveryResourceCenter>

Retirement Center 360-716-4675: At Stan Jones Retirement Home, we are dedicated to enriching the lives of our Tribal residents. Our mission is to provide the utmost care while honoring and respecting Tribal culture. For more information on the facility and eligibility, visit: <https://www.tulaliptribes-nsn.gov/Dept/RetirementCenter>

Senior Center 360-716-4687: We open our doors for breakfast at 6:30 AM and lunch at 11:30 AM. We encourage all elders and seniors to come in, share a meal, and enjoy some conversations and laughter together. Be sure to check the newsletter for information about other activities we offer and updates we'd like to share. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/SeniorCenter>

Social Services 360-716-4320: The Social Services Division is here to assist in enhancing the quality of life and self-sufficiency of our Tulalip Community. The services provided include Temporary Assistance for Needy Families (TANF), Child Support Services, and Emergency Assistance Program (including General Emergency Assistance, Fire/Flood Emergency Assistance, and Medical Emergency Assistance). For more information on services, visit: <https://www.tulaliptribes-nsn.gov/Dept/SocialServices>

For TANF specifically, call 360-716-4719 or visit: <https://www.tulaliptribes-nsn.gov/Dept/TANF>

Tribal Employments Rights Office (TERO) 360-716-4747: The mission of Tulalip TERO is to enforce the provisions of the TERO Code to: Provide preference in employment and contracting, workforce protection, and training and education to improve career and economic opportunities. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/TERO>

Ti Kupihali 360-716-4661: Serving the community by providing foods, snacks, and drinks at a competitive price, local and conveniently located at the admin building, short wait times and fresh, homemade foods. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/tikupihali>

Transition Housing 360-716-4143: The Transition Unit program provides short-term independent living. Clients must work closely with their assigned life coach to actively seek and accept suitable, affordable, and long-term housing options. For more information, visit: <https://www.tulaliptribes-nsn.gov/Dept/TransitionHousing>

Tulalip Health System: The Tulalip Health System offers comprehensive services for Tribal members. See below for the service and contact information you are looking for.

- Behavioral Health 360-716-4400: The Tulalip Tribes Behavioral Health Department consists of the following programs, Substance Use Disorder, Adult Mental Wellness, Child, Youth and Family Mental Wellness, The Healing Lodge, Problem Gambling, Crisis Response Team, Psychiatric Services, and Psychological Services. For more information, visit: <https://www.tulaliphealthsystem.com/BehavioralHealth>
- Community Health 360-716-5662: Our Mission is to build a strong and healthy community free from health inequities. Through our services, we educate individuals and families toward a positive path of wellness. Services include Caregiving Services, Community Health Nurse, Care Coordination/Education, Diabetic Program, Nutrition, Registered Dietitian, SNAP-Ed, Prevention Education, Transportation, and WIC. For more information, visit: <https://www.tulaliphealthsystem.com/CommunityHealth>
- Dental Care 360-716-4511: Good dental or oral care is important to maintaining healthy teeth, gums and tongue. The Tulalip Dental Clinic offers most routine dental services in house including cleanings/exams, fillings, root canals, crowns, bridges and dentures.

Services are available to eligible Tulalip Tribal Members and other Natives. For more information, visit:

<https://www.tulaliphealthsystem.com/DentalCare>

- Medical Care 360-716-4511: Medical services offered at the Karen I. Fryberg Tulalip Health Clinic are acute care (walk-in clinic), family practice, internal medicine, pediatrics, podiatry, clinical pharmacists, and complementary medicine. Services are available to eligible Tulalip Tribal members and other Natives. For more information, visit: <https://www.tulaliphealthsystem.com/MedicalCare>

Upper Skagit Tribe

upperskagittribe-nsn.gov

Education Department: The Education Department provides student assistance meeting academic requirements, social needs of the Upper Skagit Community school-aged children. In addition, the Education Department operates programs for eligible students that wish to continue their education at higher education or vocational educational institution. For more information, contact the center below, or visit: <https://upperskagittribe-nsn.gov/departments/education-department/>

Main Office: 360-854-7032

Child Development Center: 360-854-7092

Elder, Social, and Employment Services 360-854-7000: Elder, Social, and Employment Services goal is to provide a full array of services to assist clients in overcoming many of the barriers that keep them from achieving successful self-sufficiency. For more information, see the services and programs provided below. Or, visit: <https://upperskagittribe-nsn.gov/departments/elders-social-and-employment-services/>

- TANF: The TANF Program provides services to families with dependent children that have low or no income. Our goal is to help TANF eligible clients transition toward independence.
- SSI /Medicaid/Food Stamps: The Tribe provides enrollment assistance with supplemental security income, Medicaid, and food stamp programs. Our goal is to help all qualified recipients to move forward in their lives.
- NEW Program and BIA Employment Assistance Program: Serving low income, unemployed or under-employed, enrolled Tribal members that

reside within the Tribe's service area. The programs provide supportive services to clients to obtain or retain employment.

- **Elder Programs:** The Upper Skagit Elder's Nutrition Program provides hot meals and take-out meals to Tribal community Elders aged 55 and older. The Elder's Luncheons are held at the Upper Skagit Tribal Administrative Building every Monday, Wednesday, and Friday, except on holidays. Take-out meals are prepared for Elders that are homebound and their spouses or caregivers.

Enrollment/Membership Services 360-854-7000: The Tribe provides programs and financial assistance that address the financial burden of education, nutrition, vision, hearing, burial assistance and home heating needs of enrolled/eligible Tribal Members. For more information, visit: <https://upperskagittribe-nsn.gov/departments/membership-services-enrollment/>

Housing Department 360-854-7011: The Upper Skagit Housing Department assists low-income Upper Skagit Tribal members living in Skagit County. The Housing and Urban Development funded programs are income eligibility based. The Upper Skagit Tribal Housing Department provides housing assistance through the Low-Income Rental Program, the Housing Voucher Program, and the Mutual-Help Homebuyer Program. For applications, call the number listed above. For more information, visit: <https://upperskagittribe-nsn.gov/departments/housing-department/>

Recreation – Youth and Adult 360-854-7038: The Recreation Department consists of the Youth Recreation Program and the Adult Recreation Program. The recreation programs are designed to promote healthier lifestyles by providing opportunities for community members to adopt a positive lifestyle and take part in daily fitness activities. For more information, visit: <https://upperskagittribe-nsn.gov/departments/recreation-youth-and-adult/>

Upper Skagit Tribal Health Clinic 360-854-7070: Primarily provides (ambulatory) care and behavioral health services to eligible Upper Skagit Tribal Members, community members, and members of other Federally Recognized Indian Tribes that reside in the Tribe's service area. Services include Non-emergency Primary Care, Child Well Care, Immunizations, Adult Well Care, Annual Physicals, Chronic Disease Management, Laboratory Services, Smoking Cessation and Education, Dental Program (off-site), Transportation Services, Diabetes Prevention and Treatment, Health Education for men, women, and families, Home Health Services, Care Giver Support, Substance Abuse Counseling, and Mental Health Counseling. For

more information, visit: <https://upperskagittribe-nsn.gov/departments/health-services/>

Urban Indian Organizations (UIOs)

American Indian Community Center

<https://www.aiccinc.org>

For hours, address, or to schedule an appointment call 509-535-0886. For more information on programs and services available, visit:

<https://www.aiccinc.org/services/>

Computer Access: We have computer access available for online job search, resume preparation, and job-related printing available with permission from front desk receptionist.

Family Services: We offer crisis intervention and case management for elders and families. We have extensive information of local network resources for referral that we use to assist those in need of comprehensive services and to help clients with basic needs.

Goodheart Behavioral Health: Substance Abuse: Goodheart Behavioral Health provides Adult Intensive Outpatient substance use disorder treatment. Substance Abuse assessments (18 years and older) can enroll into Outpatient Treatment (OP). We offer ASAM Criteria Level 1 sessions two hours per week and ASAM Criteria Level 2.1 sessions six hours per week. We also offer referral assistance with admission into other facilities for Inpatient Treatment, and we work with Court ordered deferred prosecutions. The Aftercare/Relapse Prevention Program is available for adults who have completed Inpatient, Outpatient, and Intensive Outpatient programs and need continued care and support.

Goodheart Behavioral Services: An assessment of individual Mental, Emotional, Physical, and Social needs and treatment planning will occur in the individual or group therapy session. Psychiatric medication management will be available pending program approval. All Goodheart Behavioral Health/Mental Health services and treatment levels use culturally appropriate assessments, group and individual therapy sessions, and Native focused psycho education classes.

Indian Child Welfare: We provide advocacy and support for Native American families and children at risk and/or involved with DCYF and local Tribal CPS. We will find support services within AICC and network for

services of unmet needs with housing, utilities, transportation, financial income, food, medical benefits, substance abuse, needs for assessments, and in/outpatient treatment services. We will refer clients to obtain legal assistance through Northwest Justice Project. We will educate families of DCYF/Tribal ICW policy and procedure. Collaborating services are offered by DCYF/Tribal ICW to assist families with compliance of court orders. We offer parenting workshops with a cultural aspect, Positive Indian Parenting, referral for more specific parenting directed towards family's needs, domestic violence and/or drug addiction concerns and needs.

Senior Lunches: Meals on Wheels serves Senior Lunches on Tuesdays and Thursdays.

Chief Seattle Club

<https://www.chiefseattleclub.org>

Domestic Violence and Sexual Assault Advocacy Program 206-715-7536: Our goal is to provide trauma-informed services that center healing, safety, and community. Our vision is to end all forms of violence that harm and oppress our urban Native relatives. For more information on the confidential services provided, visit: <https://www.chiefseattleclub.org/dvsa>

Homelessness Prevention Program 206-677-0912: The Homelessness Prevention Program includes the Eviction Prevention Program which provides rental assistance, including utilities and past-due bills, to our members in need. The Homelessness Prevention Program also includes the Rapid Re-Housing Program with case managers who help hundreds of members facing homelessness find long-term, affordable housing. For more information on either of these services, visit: <https://www.chiefseattleclub.org/homelessness-prevention>

Member Services 206-715-7536: Chief Seattle Club's Member Services are primarily offered from our Day Center in Pioneer Square—the heart of Seattle. Our Day Center offers basic needs such as hot meals, showers, personal hygiene, mail services, internet access, cultural events, and more. Members are individuals struggling with homelessness who identify with Chief Seattle Club's mission and have been approved for a case manager. For more information on becoming a member or receiving member services, visit: <https://www.chiefseattleclub.org/member-services>

Supportive Housing 206-677-0912: Chief Seattle Club is proud to offer both permanent and transitional housing for our members. For a list of housing services including the Women's Clean and Sober House, Elder's Housing, and many others, visit: <https://www.chiefseattleclub.org/permanent-housing>

Seattle Indian Health Board

<https://www.sihb.org>

For hours, locations, or to schedule an appointment, call 206-324-9360 or visit: <https://www.sihb.org/patient-and-visitor-information/hours-and-locations/>

Behavioral Health: Our behavioral health services consist of both mental health services and substance use disorder services. We offer outpatient mental health services and both standard outpatient and intensive outpatient substance use disorder services. Mental Health Services (Outpatient) include Individual counseling, Traditional Indian Medicine referrals, Integrated care and consultation with clinic programs. For more information, visit: <https://www.sihb.org/services-and-programs/behavioral-health/>

Dental Services: From check-ups and cleanings to crowns and root canals, Seattle Indian Health Board offers dental services in Seattle's International District from our main clinic, as well as in South Seattle from our new mobile clinic. This has allowed us to offer services in innovative ways to meet patients' needs. Services include Full Dental Exams, Oral Surgery and Extractions, Root Canals (molars currently exempt), Fillings, Crowns, Cleanings, Oral Hygiene Instruction, Fluoride and Silver Treatments, and Sealants. For more information, visit: <https://www.sihb.org/services-and-programs/dental-services/>

Diabetes Program: Our diabetes program is here to help our relatives live healthy lives with diabetes. We help locate resources, host support groups, provide lab monitoring, and offer check-ups to support relatives living with diabetes. For more information, visit: <https://www.sihb.org/services-and-programs/diabetes/>

Elders Program: Our Elders Program is open to American Indian and Alaska Native Elders aged 55 and older. The program provides a place for our Elders to meet, socialize, and stay connected to their community. For more information on services and activities, visit: <https://www.sihb.org/services-and-programs/elders-program/>

Family Services: Seattle Indian Health Board provides care and services to pregnant, postpartum, and breastfeeding relatives and their children. We share our knowledge and provide culturally attuned support to parents and caregivers as they begin their journeys raising the next generation of healthy children. For more information, visit: <https://www.sihb.org/services-and-programs/familyservices/>

Gender Based Violence Program: Our gender-based violence (GBV) programming provides confidential services to individuals fleeing from abusers and those who are survivors of domestic or gender-based violence and are recovering from immense traumas. For more information on services, visit: <https://www.sihb.org/services-and-programs/gbv/>

Housing Assistance Services: Seattle Indian Health Board offers its Housing Assistance Services to ensure we provide resources and opportunities to our relatives experiencing homelessness while providing assistance to our community to prevent housing loss. For more information on services available and eligibility, visit: <https://www.sihb.org/services-and-programs/housing/>

Medical Services: We provide culturally attuned medical services to everyone regardless of age, race, or economic status. Our medical services—along with the Indigenous knowledge that informs all of the health and human services we offer—allow us to provide healthcare to our relatives in a holistic way. Services include Prenatal Care, Childbirth Education, Postpartum Care, Well-child Exams, Immunizations, Screening Tests, School/Camp/Physical Exams, Care for Minor and Acute Illnesses, Chronic Disease Diagnosis and Treatment, Sexually Transmitted Disease Diagnosis and Treatment, Family Planning, Family Care, Family Counseling, Laboratory Tests, and Mobile Services through the mobile clinic. For more information, visit: <https://www.sihb.org/services-and-programs/medical-services/>

Pharmacy: Seattle Indian Health Board provides onsite support to fill prescriptions and offer consultation about and assistance with medications. Our services are fully integrated, so our pharmacy staff works closely and collaboratively with our medical staff to ensure the best care for our patients. To speak to a member of the pharmacy team call 206-324-9360 ext. 2621. To request a refill, call 206-324-8590. Please call at least two (2) days ahead for refills. For more information, visit: <https://www.sihb.org/services-and-programs/pharmacy/>

Substance Use Disorder Treatment: We offer standard outpatient and intensive outpatient substance use disorder treatment for adults. Outpatient services are provided from our International District clinic. Call us at 206-324-9360 ext. 1550 to talk to our care coordinator and schedule an assessment. For more information, visit: <https://www.sihb.org/services-and-programs/substance-use-disorder/>

Thunderbird Treatment Center: In 2024, we identified a location on Vashon Island that will allow us to open a 92-bed facility, the largest of its type in Washington state. We will increase the number of inpatient beds in King County by 62%, allowing us to provide services our community needs to address the fentanyl and opioid crisis. Planned re-opening will occur in 2025. For more information on services and eligibility, visit: <https://www.sihb.org/services-and-programs/thunderbird-treatment-center/>

Traditional Health: Is founded on the principle that optimal health and wellness occur when there is balance between the physical, emotional, mental, and spiritual parts of a person. Traditional Medicine is at the center of everything we do and informs the organization's health and human services. A wide array of healing practices are based upon Indigenous knowledge of Native people. For information on services provided, visit: <https://www.sihb.org/services-and-programs/traditional-health/>

The Native Project

<https://nativeproject.org>

For information on location, hours and scheduling an appointment visit the website: <https://nativeproject.org/> .

For questions or to schedule an appointment at the Main Campus call 509-483-7535.

For questions or to schedule an appointment at the Children and Youth Services Center call 509-325-5502.

Dental Health Care: We provide comprehensive dental care for all people, from children to adults. We are equipped to treat fearful and anxious dental patients in a safe and comfortable space. Services include, Preventative Care, Exams, Cleanings, Fluoride Treatments, Sealants, Repair and Emergency Treatment, Fillings, Extractions, Referrals for Special Services,

Braces, Wisdom Teeth Removal, Implant Placement, and more. For more information, visit: <https://nativeproject.org/our-services/dental/>

Pharmacy: We believe that our community deserves to have all health-related services under one roof, which includes a pharmacy. Our expert pharmacists work side by side with our providers and have specialized knowledge of diabetes, pain, addiction treatment and management. To call the Pharmacy directly call 509-483-4797. For more information, and to set up an online account, visit: <https://nativeproject.org/our-services/pharmacy/>

Prevention and Wellness: We provide prevention and education services and activities for patients at our facility and in the community. Our team follows the Indian Health Service Balancing Life with Diabetes program and works with area partner organizations to provide prevention services resources. Services include Diabetes Education, Cancer Prevention Screening, and Nutrition. For more information, visit: <https://nativeproject.org/our-services/prevention-and-wellness/>

Primary Health Care: We are a primary health care facility that covers a range of services for prevention, wellness, and treatment for common illnesses. Services include Full Medical Services, Well-child Visits, Women's Health, Men's Health, Elder Care, Treatment of Illness, Laboratory Tests, Minor Surgical Procedures, Immunizations, Mental Health Referrals, Prescription Management, Diet and Nutrition Counseling, Pharmacy, Integrated Medical and Behavioral Services, Certified Diabetes Care, and Referrals to Specialty Care. For more information, visit: <https://nativeproject.org/our-services/medical/>

Youth Behavioral Health: Our team assesses, treats, and counsels youth and creates personalized mental health and substance use treatment plans for children needing our services. We believe in wraparound care as it fits in our mission. We involve family members and support people who understand the family's life, history, culture, and relationships. Services include Youth Substance Use Assessments, Substance Use Outpatient Treatment (OP), Substance Use Intensive Outpatient Treatment (IOP), Aftercare/Relapse Prevention Program, Youth Mental Health Services, Co-Occurring Disorder Treatment, Indian Child Therapy Program (ages 0-12). For more information on services, visit: <https://nativeproject.org/our-services/behavioral-health/>