

National Domestic Violence Hotline **1-800-799-7233**

Rape, Abuse, Incest, National Network (RAINN) **1-800-656-4673**

Washington State Suicide Hotline **1-800-784-2433**



**For more information, updates and latest news, please
call or visit our Vancouver office.**

Pathways to Healing

(360) 397-8228

P.O. Box 5158

1601 E. Fourth Plain Blvd.

Suite A-129

Vancouver, WA 98668



Find us on Facebook:
Cowlitz Tribe Pathways to Healing



**Pathways
to Healing**

Tribal Resources

It is the mission of the Cowlitz Tribe
Pathways to Healing Program
“To honor traditional values and beliefs that
promote safety and well being for Native
American families by providing a holistic
approach to inform, educate, and heal our
communities affected by violence.”

We value:

Integrity: Through honesty and integrity we
respect the rights and choices of individuals and
families affected by violence.

Community: We demonstrate our commitment
to social change and an end to violence within our
community, through our leadership, words and
actions.

Safety: We help provide a safe non-threatening
environment free from abuse, violence and
judgement.

Empowerment: Through advocacy we empower
individuals and communities to heal from abuse
and speak out against all forms of violence.

This project was supported by Grant NO. 2010 TW-AX-0003 awarded by the office
on Violence Against Women, U.S. Department of Justice. The opinions, findings,
conclusions, and recommendations expressed in this publication/program
exhibition are those of the authors and do not necessarily reflect the views of
Department of Justice Office on Violence against women.

Victimization of Native Women

American Indian women are raped more than any
other race and more violence is used in these
offenses. ⁽¹⁾

American Native and Alaska Native women are
between 2.5 ⁽²⁾ and 3.5 ⁽³⁾ times more likely to be
sexually assaulted than women in the U.S. in
general.

In Indian Country during 2000-2003 there were
597 cases initiated; 130 cases investigated
128 arrests and only 109 convictions. ⁽⁴⁾

Native American/Alaska Natives are victims of
violence by 3.5 times greater than the national
average.

The average annual rate of rape and sexual assault
among American Indians is 3.5 times higher than
for all races. ⁽⁵⁾

American Indian women are more than twice as
likely to be stalked as white women. ⁽⁵⁾

1. Washington Coalition of Sexual Assault Programs, Training, May 2007 2. Ibid 3. American Indians and
Crime, U.S. Department of Justice, 1999. 4. Sacred Circle 5. Minnesota Center Against Violence and Abuse

Yakama Indian Nation
Phone: 509-865-5121 ex: 6475

P.O. Box 151
Toppenish, WA 98948
Yakima/Klickitat County

Services

Domestic Violence and Sexual Assault
programs and support groups

Medical and Legal Advocacy

Elder Program (AAOA)

Indian Child Welfare Program (Court
Appointed Special Advocate - CASA
Program)

Perpetrator Group

Information and Referrals



Introduction

Autsis-kwil-lum (Friend)

In a time of colored ribbons and magnetic bumper stickers for every occasion, people can spread awareness for any cause they are passionate about. The Pathways to Healing (PTH) program would like people to remember that violence in our homes, schools, and communities should not be accepted and we all can have a voice. This Tribal directory is offered as a resource for Native American/Alaska Native people to locate services within Tribal communities that provides support or resources when healing from violence.

Through the information in this guide we hope those suffering from violence find strength and empowerment in the knowledge that there are people who care, want to help and offer the support needed on the long journey towards self-care and healing.

This directory is also being offered to Tribal and community service providers as a resource when working with Native survivors of violence. Pathways to Healing would like to thank you for commitment and continued support in ending violence in Native communities.

Debbie Medeiros

Program Manager
Cowlitz Tribe Pathways to Healing Program

Table of Contents

Introduction.....2

Tribal Information

Chehalis Confederated Tribe.....9

Colville Confederated Tribe.....10

Cowlitz Indian Tribe.....11

Hoh Indian Tribe.....12

Jamestown S’Klallam Indian Tribe.....13

Kalispel Indian Tribe.....16

Lower Elwah Klallam Indian Tribe.....17

Lummi Indian Tribe.....18

Makah Indian Tribe.....19

Muckleshoot Indian Tribe.....20

Nisqually Indian Tribe.....22

Nooksack Indian Tribe.....22

Port Gamble S’Klallam Indian Tribe.....25

Puyallup Indian Tribe.....28

Quileute Indian Tribe.....29



Upper Skagit Indian Tribe

Phone: 360- 854-7070 - Clinic

360-854-7090 - Admin

25959 Community Plaza Way

Sedro Woolley, WA 98284

Skagit County

Services

Domestic Violence and Sexual Assault Legal
Advocacy and Mental Health available

Youth and Elder Program available

Indian Child Welfare available

Substance Abuse prevention available

Domestic Violence and Sexual Assault Shelter

1-888-336-9591 -24 Hotline

1-336-9591 -Office (Mon-Thurs.)





Tulalip Indian Tribe

Phone: 360-716-4400 - Family Services

6406 Marine Dr
Tulalip, WA 98271

Services

Domestic Violence and Sexual Assault programs
services are free of cost

Support groups available

Child Advocacy Center

Elder program available

Indian Child Welfare available

Safe House

Clinic

Table of Contents

Tribal Information

Quinault Nation.....	30
Samish Nation.....	31
Sauk-Suiattle Indian Tribe.....	32
Shoalwater Bay Indian Tribe.....	33
Skokomish Indian Tribe.....	34
Snohomish Indian Tribe.....	35
Snoqualmie Indian Tribe.....	35
Spokane Indian Tribe.....	36
Squaxin Indian Tribe.....	38
Stillaguamish Indian Tribe.....	39
Suquamish Indian Tribe.....	41
Swinomish Indian Tribe.....	42
Tulalip Indian Tribe.....	43
Upper Skagit Indian Tribe.....	44
Yakima Nation.....	45



Common Terms

Advocacy - Survivor focused support which includes speaking, pleading or arguing in favor of and to ensure a dignified existence.

Community Education- Engaging youth and adults in community driven learning and enrichment opportunities.

Prevention- The action of stopping something from happening or arising. To avert, avoid or hinder.

ICW- Indian Child Welfare

Swinomish Indian Tribe

Phone: 360-610-6651

360-466-1275 - Mental Health

360-466-7222 - Family Services

360-399-1018 - Shelter



11404 Moorage
LaConner, WA 98257
Skagit County

Services

Victim Advocate Services

Health Clinic

Behavioral Health

Youth Prevention

Domestic Violence and Sexual Assault Medical and Legal Advocacy and Shelter

Youth and Elder programs available

Indian Child Welfare available

Domestic Violence and Sexual Assault Shelter for all tribal and non-tribal members

Suquamish Indian Tribe

Phone: 360-394-8424

360-394-8465 - Human Services

360-394-8480 - ICW

18490 Suquamish Way

P.O. Box 498

Suquamish, WA 98392

Kitsap County

Services

Domestic Violence and Sexual Assault Advocacy
available at no cost

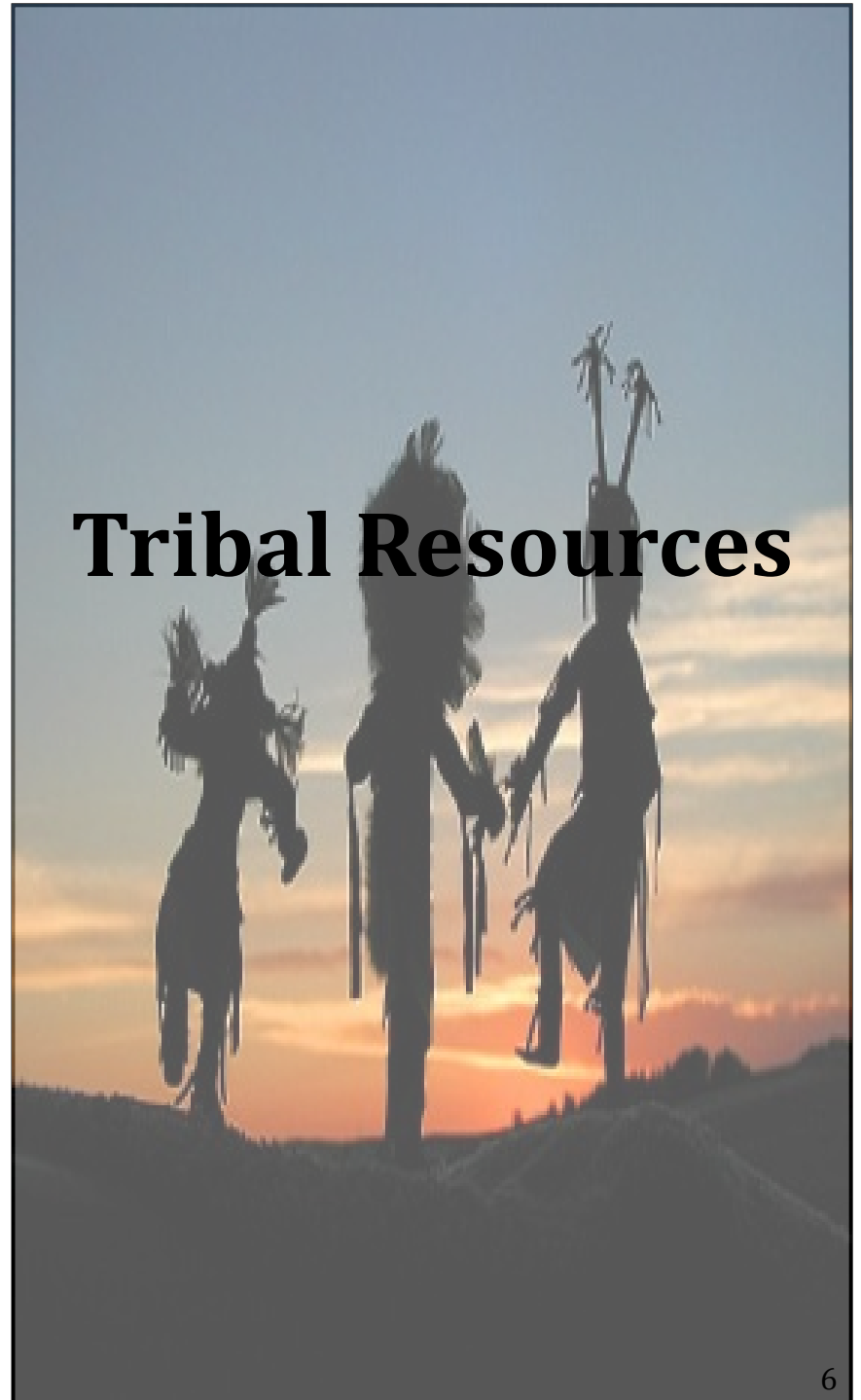
Youth and Elder programs and Advocacy
available

Indian Child Welfare available

Mental Health Clinic



Tribal Resources





If you are a survivor

Know that regardless of context (relationship with the person, drug or alcohol use, etc.) you are never to blame for sexual assault or domestic violence.

If you are in a violent relationship, you know best when it is safe to stay or leave.

Understand that healing from violence takes time.

Remember that people want to support you, you don't have to do everything on your own.

Understand that physical violence is not necessary for a relationship to be abusive. There are many factors that go into "domestic violence" including emotional, mental and psychological abuse.

Sexual assault pertains to any unwanted sexual contact or force not necessarily the full act of rape.

Stillaguamish Indian Tribe

Phone: 360-435-3985 - Family Resources

3310 Smokey Point Drive
P.O. Box 277
Arlington, WA 98223
Snohomish County

Services

Domestic Violence and Sexual Assault services referred out, assists with resources, transportation, and lodging

Indian Child Welfare available

Mental Health services available

Behavioral Health programs available



How we can all end violence

As service providers, adults and/or members of a community, it is our responsibility to bring awareness to the prevalence of violence. We must educate each other and speak out when we see or know of violence.

Encourage a return to traditional ways in which men, women and children were held sacred.

White Buffalo Calf Woman said “hold women sacred even in thought”. Teach this adage to our children. Teach them to respect women and to hold them in high regard.

Women are the keepers of the stories and ceremonies. Honor their position.

Children are the future of our people. Treat them accordingly.

You are responsible to the last seven generations and the next seven generations. Make sure your actions and words reflect this.

Teach and model positive parenting methods that provide healing from intergeneration trauma and breaks the cycle of violence in our homes and communities.



Chehalis Confederated Tribe

Phone: 360-273-5911

P.O. Box 536
Oakville, WA 98568
Grays Harbor/Thurston County

Services

Domestic Violence and Sexual Assault Medical and Legal Advocacy, support groups also available

Domestic Violence Prevention Program

Youth and Elder programs and Advocacy available

Indian Child Welfare available

Mental Health

Squaxin Island Indian Tribe

Phone: 360-427-9006 - Clinic

360-426-3990 - SPIPA

90 Klah-Che-Min Drive
Shelton, WA 98584

Services

Domestic Violence and Sexual Assault program runs through outside sources- South Puget Intertribal Planning Agency (SPIPA)

Services open to enrolled Tribal members and Tribal family members

Must have proof of descendents

Indian Child Welfare available

Youth program available



How we can stop sexual violence

When you ask people this question, common responses are: self defense, monitor your drink, going out in groups, etc.. All of these are ways to reduce risk but do not prevent assaults. They also have the unintended consequence of seeming to victim blame, if the victim had only done the above, he/she could have prevented the assault.

The offender is the only one responsible for preventing an assault.

As a society we can work to eliminate sexual violence by:

Confronting sexist, homophobic and racist language when we hear it.

Refusing to stereotype victims and perpetrators. Someone of any gender, race, income level or background can be both a victim and an offender.

Not using or treating men, women and children as sexual objects.

Getting involved, violence in the home is not just a family matter. Hold abuser accountable.

Understanding the ways each of us has allowed sexual violence to continue and changing them.

Colville Confederated Tribe

Phone: 509-634-4711

509-634-2601 - Behavioral Health

P.O. Box 150
Nespelem, WA 99155

Services

Domestic Violence and Sexual Assault assistance goes through police department

Youth programs available

Elder programs available (AAOA)

Mental Health



Cowlitz Indian Tribe
Cowlitz Health and Human Services

Vancouver Office

Phone: 360-397-8228

1601 E Fourth Plain, Suite A-129

Vancouver, WA 98661

P.O. Box 5158

Vancouver, WA 98668

Clark County



Services

Domestic Violence and Sexual Assault program,
must identify as Native American/Alaska Native

Advocacy for domestic violence, sexual assault,
dating violence, stalking or general crimes

Emergency services

Education and Prevention programs

Cultural classes

Resources, information and referrals

Indian Child Welfare program and Clinic

Provides services in surrounding Counties;
Clark, Cowlitz and Lewis County



Spokane Indian Tribe

Phone: 509-458-6519

509-258-7502 - Health and Human Services

P.O. Box 100 Wellpoint, WA 99040

Stevens County

Services

Domestic Violence and Sexual Assault Medical
and Legal Advocacy available

Domestic Violence and Sexual Assault Mental
Health

Youth program and Prevention available

Indian Child Welfare available

Snohomish Indian Tribe

Phone: 435-744-1855



11014 19th Avenue SE
Suite #8, PMB #101
Everett, WA 98208
Snohomish County



Snoqualmie Indian Tribe

Phone: 425-888-2566

P.O. Box 280
Carnation, WA 98014
King County

Services

Domestic Violence and Sexual Assault
programs available

Youth and Elder programs available

Indian Child Welfare available

Behavioral Health



Hoh Indian Tribe

Phone: 360-374-6582

2464 Lower Hoh Road
P.O. Box 2196
Forks, WA 98331
Jefferson County

Services

Domestic Violence and Sexual Assault program
combines services with Forks Police

Must be enrolled or live on reservation or have
close tribal ties to receive services

Indian Child Welfare available





Jamestown S'Klallam Indian Tribe

Phone: 360-683-1109

360-683-5900 - Medical Clinic

1033 Old Blyn Highway
Sequim, WA 98382

Services

No Domestic Violence or Sexual Assault programs available, refers out to community resources

Medical Clinic and Wellness Program

Youth and Elder programs available

Indian Child Welfare available

Skokomish Indian Tribe

Phone: 360-426-7788

80 North Tribal Center Road
Shelton, WA 98584
Mason County

Services

Domestic Violence and Sexual Assault programs available

Youth and Elder programs available

Mental Health

Indian Child Welfare available

Must be an enrolled member with enrollment card for certain services





Shoalwater Bay Indian Tribe

Phone: 360-267-8141

360-267-6766 - Social Services

2373 Old Tokeland Road
P.O. Box 130
Tokeland, WA 98590
Pacific County

Services

Domestic Violence and Sexual Assault programs
including Family Violence Prevention

Youth and Elder programs available

Indian Child Welfare available

Victims of Crime Act program (VOCA)

Mental Health

Clinic open to public

In 2010, 55 people died in Washington State as a result of domestic violence.

WSCADV, 2010 Domestic Violence Fatality Data

“Domestic violence is a leading cause of homelessness for women and children.”

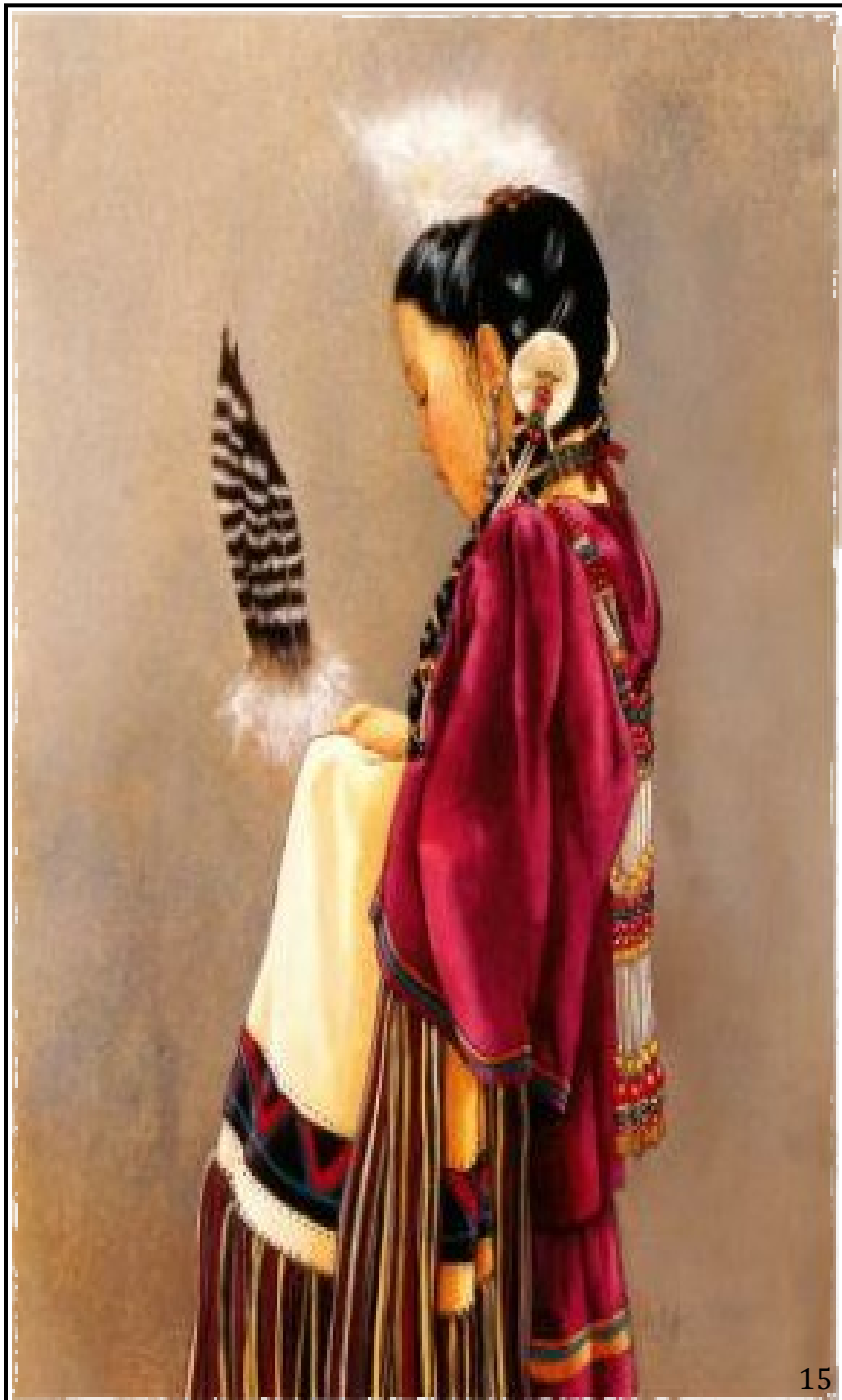
Nan Stoops, executive director of WSCADV

1 in 3 women and 1 in 4 men have experienced domestic violence (defined as physical violence, rape, and/or stalking by a current or former intimate partner, such as a spouse, boyfriend, or girlfriend) in their lifetimes. National Intimate Partner and Sexual Violence Survey (NISVS), 2010

Nearly half of all American Indian or Alaska Native women have been physically assaulted, raped, or stalked by an intimate partner, and more than 1 in 4 have been raped. National Intimate Partner and Sexual Violence Survey (NISVS), 2010

Girls and women between the age of 16 and 24 experience the highest rates of intimate partner violence.

US Department of Justice, CDC



Sauk-Suiattle Indian Tribe

Phone: 360-436-0131

5318 Chief Brown Lane
Darrington, WA 98241
Skagit County

Services

Domestic Violence and Sexual Assault through
Mental Health and police department

Youth Recreation program

Elders Food program with daily meals

Indian Child Welfare available

Clinic refers out to community programs





Samish Nation

Phone: 360-899-5282

P.O. Box 217
Anacortes, WA 98221
Skagit County

Services

Domestic Violence and Sexual Assault programs available

Victims of Crime Assistance

Tribal Victim's Assistance

Elder program available

Indian Child Welfare available

Prevention Services



Kalispel Tribe

Phone: 509-447-7419

50-789-7654 - ICW

509-789-7640 - Mental Health

P.O. Box 39
Usk, WA 99180
Pend Oreille County

Services

Domestic Violence and Sexual Assault programs with Medical and Legal Advocacy

Youth and Elder programs and support groups

Indian Child Welfare and Court Appointed Special Advocates (CASA) program available

Behavioral Health and Mental Health available

Lower Elwha Klallam Indian Tribe

Phone: 360-452-8471 ex: 231 or 205

2851 Lower Elwha Road
Port Angeles, WA 98363
Clallam County

Services

Domestic Violence and Sexual Assault programs, Medical and Legal Advocacy and Mental Health available

Youth and Elder programs available

Elder Advocacy and Mental Health

Indian Child Welfare available

Sexual Assault support groups



Quinault Nation

Phone: 360-276-8215 ex: 672
360-276-8211 ex: 380 - Social Services

P.O. Box 189
Taholah, WA 98587
Grays Harbor County

Services

Domestic Violence and Sexual Assault Medical and Legal Advocacy available

Youth and Elder programs and Medical Advocacy available

Indian Child Welfare available

Mental Health Counseling

Low Income Housing Energy Assistance Program(LIHEAP)

Quileute Indian Tribe

Phone: 360-374-5011

360-374-4340 - ICW

360-374-9035 - Health Clinic

P.O. Box 279

La Push, WA 98350

Clallam County

Services

Domestic Violence and Sexual Assault - New Beginnings Program with Transitional Housing available

Domestic Violence and Sexual Assault Medical, Legal and Financial Advocacy, support groups and Prevention available

Elder program available

Indian Child Welfare available

Mental Health Counseling

Services available to any individual living on Quileute Reservation

Refers out to community shelter and safe house



Lummi Indian Tribe

Phone: 360-384-2285 - Programs and Shelter

2616 Kwina Road

Bellingham, WA 98226

Whatcom County

Services

Victims of Crime program

Domestic Violence and Sexual Assault programs, Medical and Legal Advocacy, Mental Health and Prevention available

Domestic Violence support group available

Youth and Elder Advocacy, Mental Health, Prevention and other services available

Health Clinic

Shelter



Makah Indian Tribe

Phone: 360-645-3251 - Social Services
360-374-2273 - 24 hr. Crisis Line

P.O. Box 115
Neah Bay, WA 98357
Clallam County

Services

Domestic Violence and Sexual Assault programs, medical and legal advocacy, support groups and mental health available

Youth and Elder programs available

Clinic - must be enrolled to receive services

Puyallup Indian Tribe

Phone: 253-680-5499 - Program and Shelter
253-573-7989 - Crisis Assistance Program (C.A.P.)

3009 East Portland Ave.
Tacoma, WA 98404
Pierce County

Services

Domestic Violence and Sexual Assault programs, mental and legal advocacy and support groups available

Youth and Elder programs, Mental and Legal Advocacy and support groups available

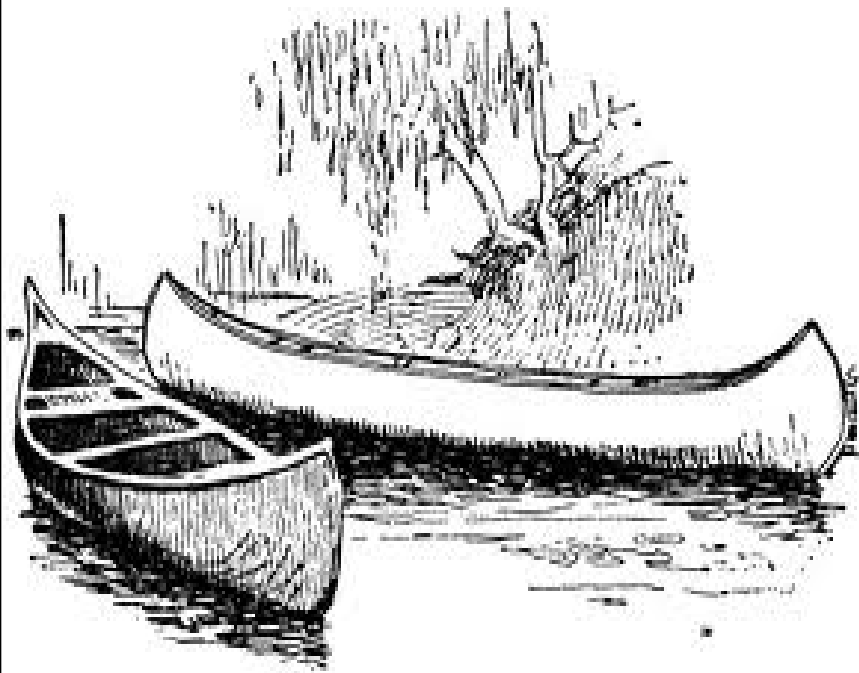
Indian Child Welfare available

Mental Health

Prevention services available

Shelter





Muckleshoot Indian Tribe

Phone: 253-939-3311

253-939-6648 - Clinic

39015 172nd Ave. SE

Auburn, WA 98092

Services

Domestic Violence and Sexual Assault programs
and support groups available

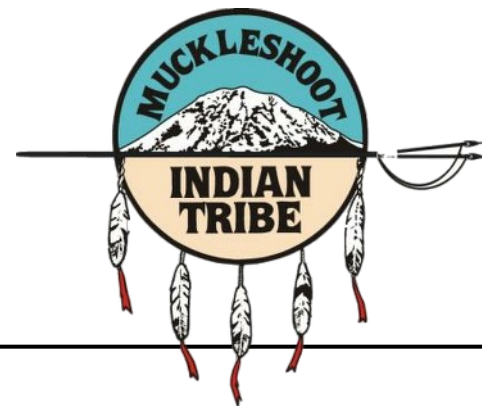
General Advocacy for victim services

Youth program and support group available

Elder program available

Indian Child Welfare available

Clinic: Must be a member of federally
recognized Tribe or live on reservation and
have close ties to Tribe to receive services



How to support a survivor

Believe them. The reaction of the first person a survivor discloses to, determines their likelihood of telling others and seeking services.

Don't take over. Even though we as support people mean well, people may be in or just getting out of a situation in which they had someone else's will imposed onto them. Don't do the same thing.

Don't victim blame. Regardless of the situation, the victim is never to blame for domestic violence or sexual assault.

Educate yourself. Find out the resources and information available in the area.

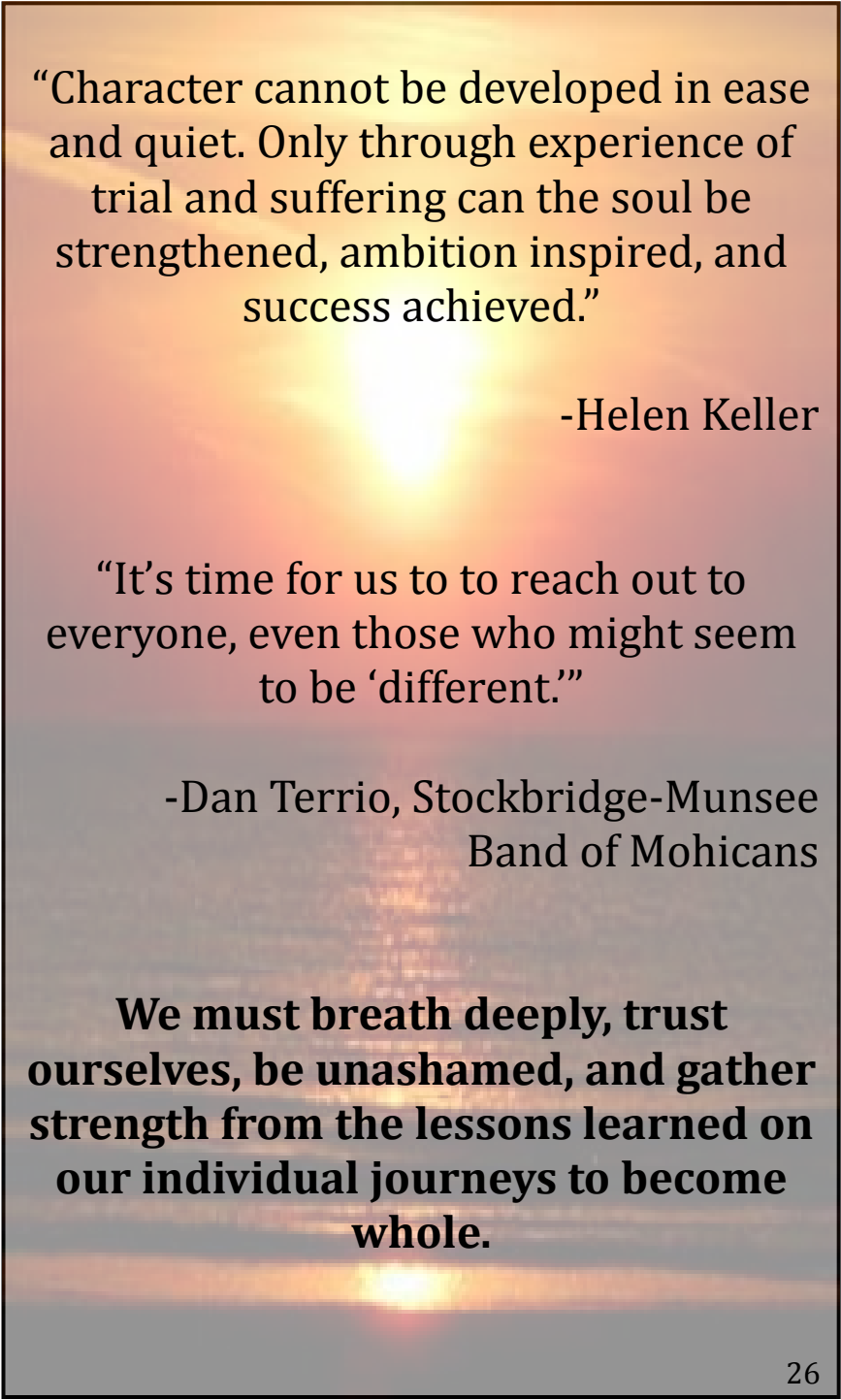
Don't make victim blaming comments. Even if you are not aware of it, there are probably survivors in your circle of friends.

"Well just look at what she was wearing."

"They were drinking way too much."

"They could have said no."

Be understanding. There are many barriers to leaving a violent relationship and the person in the relationship is the most knowledgeable about the situation.



"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

-Helen Keller

"It's time for us to reach out to everyone, even those who might seem to be 'different.'"

-Dan Terrio, Stockbridge-Munsee
Band of Mohicans

We must breath deeply, trust ourselves, be unashamed, and gather strength from the lessons learned on our individual journeys to become whole.

Port Gamble S'Klallam
Phone: 360-633-1889
1-800-843-4739 - Crisis Clinic

31912 Little Boston Road NE
Kingston, WA 98346

Services

Domestic Violence and Sexual Assault programs
available

Family Services available

Crime Victims Advocacy available

Youth and Elder programs available

Indian Child Welfare available

Mental Health



Nisqually
Phone: 360-878-7199

4820 She-Nah-Num-Drive SE
Olympia, WA 98513
Thurston County



Services

Domestic Violence and Sexual Assault programs
available to enrolled tribal members

Youth and Elder programs available

Indian Child Welfare available



Nooksack

Phone: 360-592-3219 - Social Services



P.O. Box 157
Deming, WA 98244
Whatcom County

Services

Domestic Violence and Sexual Assault services and
Legal Advocacy available

Youth and Elder programs and medical and legal
advocacy available

Mental Health

Prevention Program

Pathways to Healing strives to provide community awareness and training's that promote equality and anti-violence. We promote our messaging through online social media outlets and printed materials. Partnering with existing organizations that promote advocacy and prevention, materials represent and focus on the current Native American/Alaska Native residents of Washington State.

Our philosophy is that prevention starts with including more men in our movement to end violence. Allowing men to speak to our other men and communities to hear the message.

Prevention of violence takes all of us and requires "stepping out of our comfort" zones. Speaking out to friends and family when they promote violence can be extremely difficult but has the most impact in raising awareness to our own beliefs that "buy into" blaming victims. We hope that those that we work with will take a stand and sometimes new approach to addressing violence in their communities.

Social Media

Social media is everywhere. From Facebook to Youtube to Pinterest to Google. It has launched our culture into a whole new way of living and helps keep us all connected. It's usefulness is extensive with many great functions. People use social media to help build and grow non-profit organizations such as Pathways to Healing, community prevention, personal gain, marketing, networking and just staying connected with friends and family.

Like most things, when used improperly, the repercussions can be huge. Internet stalking is at an all time high, with the new ease of finding people and information on the Internet. People post a lot of personal information on their profiles not knowing who can and is accessing it. The cons of technology are growing everyday because of misuse.

We need to spread awareness of the severity of how we use social media and who we trust through the computer screen. Keep yourself and your children accountable with what you put out there. It can't be taken back, even after "delete" is pushed.